

Get Your Life Back

Fill in the lists for yourself in this chapter. If you struggle, ask a friend or partner to help. Recognise that you may not have thought of these things as strengths and resources before. You will need these lists later when we are thinking of what to do instead of our unwanted behaviours. Looking through your own lists, is there one activity that you would like to re-start, or maybe use in new areas of your life? Or build on it in some way? You could have a look at the examples below if you are stuck. If so, make a plan to re-start or re-use at least one strength or resource. For example, 'I plan to go to the gym for an hour on Wednesday evening after work'. Write your plan here:



Add this to your Baby Steps Diary (see page 79). Here are some examples from the stories:

Janet . . .

Remembered that she used to go to the gym, as she made her lists. Because she wanted to get fitter and manage her eating, she decided to add going to the gym to her Baby Steps Diary.

Tom . . .

Noticed that he used to write little stories for the children, which they liked. He decided to start doing this again.