

## My things to change

To help with completing section 1, *Things I do which harm myself or others*, go back to Chapter 1: How and Why to Use this Book. Some of your things to change will come from your problem list in Chapter 1 (page 3). You may want to add others or the problems from Chapter 1 might be enough. Write your list here:

### 1. *Things I do which harm myself or others*



---

---

---

---

*2. Things I do which stop me from changing*



---

---

---

---

In section 3 we write things which generally mess up our lives – Tom wrote about lying awake, being anxious and not contacting his children,

### 3. Things I do which mess up my life or stop me from reaching my goals and values



---

---

---

---

Well done! We know this may have triggered off some naughty puppy thoughts in your head. Just observe and describe these then turn your attention to the achievement you just made. You can now *stand back* enough to really see these behaviours, thoughts and feelings clearly. You have met the monster on the road and instead of screaming and running, you have taken a good long look at it. Now you see it clearly you will have some new options for dealing with it. This is not a one-off shot – we need to get into the habit of being willing and able to stand back and look at our behaviour regularly. We need to do this without beating ourselves up, but with awareness of what takes us towards our values and what takes us away.