

## How and Why to Use this Book

### Doing too much

*Eating: bingeing, using laxatives, eating rubbish food, dieting*

*Gambling / Driving recklessly / Lying / Spending*

*Hoarding / Smoking / Drinking / Drugs / Self-harm*

*Risky relationships (staying in abusive relationships,  
selecting no-good partners, etc.)*

*Pleasing others at great cost to myself*

*Sexual behaviours (sleeping around, sex with strangers, etc.)*

*Anger (losing my temper, feeling angry all the time, planning revenge)*

*Putting others down / Putting myself down / Gossiping (the nasty stuff)*

*Hearing voices which upset me / Being addicted to porn*

### Doing too little

*Eating: restricting (not eating enough)*

*Avoiding risks (e.g. relationships, job interviews, adventures)*

*Not leaving the house or really not wanting to*

*Turning down opportunities (jobs, relationships, etc.)*

*Not trusting anyone / Not socialising / Not asking for my needs to be met*

*Not looking after myself (washing my hair, cleaning my teeth, etc.)*

*Not exercising / Not seeking opportunities (applying for jobs, etc.)*

*Not allowing myself any leisure time / Not appreciating other people*

*Not noticing beautiful things around me*

*Not calming myself down when I need to*

## Get Your Life Back

### Anxiety

*Obsessive Compulsive Disorder (OCD): checking (plugs, locks, etc.)*  
*Compulsive behaviours (hand washing, hair-pulling, etc.)*  
*Rituals (counting, doing things in a rigid order, etc.)*  
*Compulsive thoughts, 'What if?' thoughts, angry thoughts, etc.*  
*Illness behaviours (thinking I'm sick, keep on seeing the doctor, etc.)*  
*Worrying (about disasters, about being ill, about being mad, about money, etc.)*  
*Panicking, having panic attacks*  
*Being paranoid (thinking others are out to get me)*  
*Clinging to people*  
*Fearing abandonment, that a loved one might leave me*  
*Predicting disaster*  
*Being afraid of everyday things (going out, being close to others, etc.)*  
*Making plans to deal with every 'What if?' thought*  
*High levels of anxiety after trauma*

### Hopelessness

*Hopeless thoughts such as 'It will never work',  
'I can't do it', 'What's the point?'*  
*Self-loathing (I am worthless, no good, a failure, stupid, etc.)*  
*Rumination (dwelling on the past – if only, I should have . . .)*  
*Believing I do not deserve things*  
*Can't see a way forward*  
*Envy (I wish I were my rich neighbour, etc.)*  
*Bitterness (life has treated me badly)*  
*Feeling depressed*  
*Jealousy (I don't trust my partner)*  
*Staying in bed all day*  
*Zoning out*

## How and Why to Use this Book

### Law breaking

*Shoplifting*

*Stalking*

*Porn (illegal stuff)*

*Criminal damage*

*Stealing*

*Being in a gang and doing law-breaking stuff*

*Fighting*

*Physically abusing my partner*

*Thinking about or planning to harm other people*

*Harming other people*

*Cyber-bullying*

*Trolling*

### Trauma (after bad things happen)

*Flashbacks (reliving parts or all of horrible events)*

*Images and sensations from the trauma/Nightmares*

*Numbing out (not feeling anything)*

*Feeling unreal (body unreal or world feels unreal)*

*Being as if in a fog ('depersonalisation')*

*Thinking I'll never feel safe again*

*Staying over-alert for danger*

*Bad thoughts of blaming myself or others*

*Irritability / Mood swings*

*Being jumpy and startling easily*

*Problems remembering parts or all of the trauma*

*Concentration problems*

*Avoiding trauma-related things (the place, people, thoughts, talking about trauma)*