

Once you have completed your own model of problem areas, look at each area in turn and consider how these problems can be 'flipped', or turned around, so that they become areas that you can use strategies to change. For example, feeling overwhelmed by hot flushes helps you to focus on the hot flush strategies to give yourself more control; or identifying that you don't have enough time for yourself helps you to use strategies to begin to carve out this time and feel OK about communicating this to others.

This may seem a bit overwhelming, so the next step can be to prioritise a maximum of two or three specific areas to work

on in the coming weeks and months – use the space below to write them down. You can do this by considering which areas would have the most positive impact, if they were addressed in the next two or three months. You can return to the other areas after that (Part Four will help you to do this), but it can feel more manageable to focus your efforts on making step-by-step changes, rather than attempting everything in one go. Also, as life, or your situation, changes, your way of coping may need to adapt. We aim to provide a general resource that can be revisited as and when needed.

1.

2.

3.