

Making change happen

Many people, who would otherwise struggle to get going with making the changes necessary to tackle their problems, have found the following exercise to be helpful as it really focuses the mind. Please complete the questions in the box below to think about change. You can write as much or as little as you like. Afterwards, I'll help you to set goals that you want to work on.



How important is it for me to change?

Write down all of the ways that your problem has limited your life to date. Additionally, describe how your problem might impact your life in the future if it remains the same or even worsens. How will it interfere with you achieving your life goals? What have you had to sacrifice for this problem? Imagine that you go to sleep tonight, and you wake up tomorrow and everything in your life is how

you want it to be with agoraphobia no longer being a problem for you. Use the space below to write what your life would look like if this happened.

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Do I have the opportunity to change?

Imagine that working through this book and all its exercises will take around sixty to ninety minutes a day, for three to five days a week (every day if possible), for twelve weeks. To be able to prioritise your work on the problem for these three months, what needs to change in your life? Are there some commitments that you can do less often? Is there some extra support that you can enlist temporarily? Do you remember what was mentioned earlier about calendar reminders? Write down what you can put in place to

allow you to give yourself the best chance of completing this self-help.

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