

## EXERCISE

What aspects of yourself, others or situations do you tend to view as 'all or nothing'?

- First list those areas where you tend to adopt an all-or-nothing position.
- Then try to identify the range of options between the extremes.

1



2



3



4



It will take time and practice to develop the habit of looking for the whole range. You might find it difficult at first – try not to regard this as a failure.