



Incremental behavioral activation

The next step is to create action. The process of breaking down resistance may require several incremental steps. Depending on the degree of resistance you offer, the process may take a little time. What's important is that we move forward.



Process to break down resistance:

- 1) Think about what you are having difficulty with, or what you want to stop resisting.
- 1b) Begin to reduce negative thoughts and feelings associated with the issue.
- 2) Analyze our feelings, what they are, and where they come from
- 3) Approach situation
- 4) Approach situation closer
- 5) Interact with situation, person, or feeling
- 6) Continue to practice
- 7) Deal with setbacks
- 8) Practice more
- 9) Reduce emotional stress



1a) Think about it

- Take the most important situation, person or feeling that you are resisting, and write it down.

- Now visualize yourself in that situation.
- What are your thoughts?

- What are your feelings?
