



- Write down what you are having difficulty with.

- Write down why you think you have this problem.

- Where does this issue come from?

- What is the consequence of this problem? Consequential analysis form

- How do you think you could change?

- What would be the benefit of this change?

- What steps will you take to create this change?

3b) Approach situation closer

If we are not ready for direct interaction with our situation or problem we

- Speak out loud and practice what you might say.
- Look in the mirror and tell yourself what you will do, or practice speaking to the person, or speak to yourself about what you want to change.
- Write an apology that you might say in an apology.
- Write an apology and give it to yourself.
- Write down what you need to change and give the letter to someone that support you.
- Talk to the person you need to.
- Go to the place that creates emotional triggers, or at least approach the place.
- Think about the situation that made you sad, angry or anxious.