

AM I WILLING?

<p>What would I like to change in my life?</p>	<p style="text-align: center;">ASK YOURSELF</p>	<p>What thoughts come up when I think about these questions? Which of the five am I likely to have difficulty with?</p>
<p>Example: <i>I would like to have better relationships with the people in my life.</i></p> <p>1.</p>	<p>1. Am I willing to change? I am willing to be open to learning new material and trying new behaviors.</p> <p>2. Am I willing to accept responsibility? I am the only one who can choose my thoughts and behaviors in the present moment, which will lead to creating a better future.</p> <p>3. Am I willing to own my choices? The choices I make are powerful and contribute significantly to the life I create.</p> <p>4. Am I willing to participate in the process? I am willing to keep doing the exercises until I start to feel better.</p> <p>5. Am I willing to commit to staying the course? I will am willing to complete the FDT class and/or read the book through to the end, even if it seems hard sometimes.</p>	<p><i>I am willing to do these things, but what if other people still don't like me? What if I change but no one else does?</i></p> <p>1.</p>
<p>2.</p>		<p>2.</p>
<p>3.</p>		<p>3.</p>

MY LIST OF POSITIVE WAYS TO REDIRECT MY THINKING

Subject	How does it make me feel?
Example: <i>My cat</i>	<i>I love my cat because he is warm and fluffy and because every time he sees me he brushes against my legs and starts purring. He makes me feel great.</i>
Example: <i>Love</i>	<i>Love is my favorite subject because, when I think about feeling loved and giving love, it makes me warm and fuzzy inside. I like thinking about the people I love. Love is a beautiful emotion.</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

MOVE YOUR THOUGHTS FROM POINT A TO POINT B

First, write down any problem or unwanted situation in your life. Really focus on the problem, what you don't like about it, and why it makes you feel so lousy. Write down the thoughts that come to mind. Then ask yourself: *Where would I like to be with the situation instead?* Come up with something that feels like a realistic improvement or a resolution to you. It doesn't have to be anything big or grand. Something like *I want to feel calmer in this situation* could be a great place to start with point B. Then ask yourself: *How can I get there?* Focus on that for a few minutes and write down what thoughts come to mind. If there are resistant thoughts like *I can't do this, it will never happen*, don't worry — we will discuss how to get past that type of thinking in chapter 5 on overcoming resistance.

Point A ———> ———> ———> (Where I am)	———> ———> ———> Point B (Where I want to be)
Thoughts generated by focusing attention on point A	Thoughts generated by focusing attention on point B and asking: <i>How can I get there?</i>
1. 2. 3. 4. 5. 6.	1. 2. 3. 4. 5. 6.

WHAT AM I THINKING?

Each morning when you get up, and each night right before you go to bed, spend a few minutes thinking about the dominant thoughts running through your mind. What are they? What time frame do they have to do with—past, present, or future? How are they making you feel? Is this something you want or don't want to spend thought on?

Weekday	Thought	Past/Present/ Future	Feeling	Want/ Don't Want
Sunday				
Morning	<i>I don't want to get out of bed and go to a job I hate.</i>	<i>Future</i>	<i>Depressed</i>	<i>Don't want</i>
Evening				
Monday				
Morning				
Evening				
Tuesday				
Morning				
Evening				
Wednesday				
Morning				
Evening				
Thursday				
Morning				
Evening				
Friday				
Morning				
Evening				
Saturday				
Morning				
Evening				

THE COMPONENTS OF MY EXPERIENCE

Learn to identify the components of your experience by breaking down emotional events in your life so that you can begin to recognize the various components and identify the ones you can choose to change. While you can choose any events from the past, present, or future, it is generally easier to work with more recent or near events, such as in the past or upcoming week, because you will be better able to identify all the components.

Example.

Environment/Situation: *A dog is running toward me.*

Belief: *Dogs are dangerous.*

Future Expectation: *The dog may bite me.*

Preference: *Don't want/Not thriving.*

Feeling: *Scared*

Choices: *I could run or stay, but running seems safer.*

Behavior: *Run away.*

1.

Environment/Situation:

Belief:

Future Expectation:

Preference:

Feeling:

Choices:

Behavior:

2.

Environment/Situation:

Belief:

Future Expectation:

Preference:

Feeling:

Choices:

Behavior:

3.

Environment/Situation:

Belief:

Future Expectation:

Preference:

Feeling:

Choices:

Behavior:

IDENTIFYING FUTURE EXPECTATIONS

Event/Situation	Past/Present/ Future	Future Expectation <i>What am I expecting will happen?</i>	Want/ Don't Want	Emotion
Example: <i>My boss yelled at me.</i>	<i>Past</i>	Future: <i>I won't get a promotion, and I will always be stuck in this lousy job.</i>	<i>Don't want</i>	<i>Depressed</i>
1.		Future:		
2.		Future:		
3.		Future:		
4.		Future:		
5.		Future:		

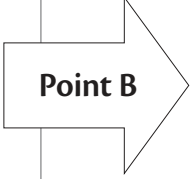
MY NEW THOUGHTS ABOUT MY FUTURE

Work	Love	Play	Spirituality
Example: <i>I have a job that I like.</i>	Example: <i>I build satisfying relationships.</i>	Example: <i>I find time to enjoy myself.</i>	Example: <i>I take the time to care for others.</i>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.

CHANGING A THOUGHT INTO A FUTURE EXPECTATION

New Thought	Details	Actions
Example: <i>I am a valued and worthy human being.</i>	<ol style="list-style-type: none"> 1. <i>A valued and worthy human being communicates love to others.</i> 2. <i>A valued and worthy human being respects his or her body.</i> 3. <i>A valued and worthy human being feeds his or her mind.</i> 	<ol style="list-style-type: none"> 1. <i>I will smile at five new people every day.</i> 2. <i>I will replace soda with water.</i> 3. <i>I can read a book instead of watching TV before going to bed.</i>
1.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
2.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
3.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
4.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.

CHANGING DISTRESS INTO SUCCESS

Present:	Future
<p>Step 1. Indicating emotion (How do I feel right now?)</p>	<p>Step 2. Projected event:</p> <p>Step 3. What unwanted aspect am I focusing on?</p> <p>Step 4. (Point B) What would I like to see happen?</p>
<p>Step 5. My negative expectations about the situation.</p> <p>Point A (Where I am)</p>	<div style="text-align: center;">  </div> <p>Step 6. New thoughts to build my future (present tense) and bring me closer to what I want.</p> <hr/> <p>Point B (Where I want to be)</p> <p>Step 7. What details can I think of and what actions can I take to grow my thought into a belief?</p> <ol style="list-style-type: none"> 1. 2. 3.

IDENTIFYING RESISTANCE TO NEW BELIEFS

New Thought	Resistant Thoughts	Softening the Resistance
<p>Example: <i>I am a valued and worthy human being.</i></p>	<ol style="list-style-type: none"> 1. <i>I've done a lot of bad things in my life.</i> 2. <i>No one else thinks I'm worthwhile.</i> 3. <i>This is a stupid exercise.</i> 	<ol style="list-style-type: none"> 1. <i>I've learned from my mistakes.</i> 2. <i>What I think about myself is what counts.</i> 3. <i>I am willing to try doing something different to get a different result in life.</i>
1.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
2.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
3.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.

CREATING EFFECTIVE PATTERNS OF THOUGHT

Event	Emotionally Ineffective Thought	Emotionally Effective Principle	New Thought
<p>Example: My best friend canceled our plans at the last minute.</p>	<p><i>I can't believe how wrong that was. I will feel upset unless she apologizes.</i></p>	<p><i>My happiness is determined by what I think, not by my environment or the people in it.</i></p>	<p><i>It would be nice if she apologized, but if she doesn't, I can still feel good about myself and not be angry.</i></p>
1.			
2.			
3.			
4.			

RANK YOUR VALUES

Below is a list of common qualities or states that people value. It is not an exhaustive list, so if you think of others, please write them down on a blank sheet of paper. Review the list, then rank, in order of importance, the top five values in each area of your life. You should choose five values, ranked 1 through 5, for each area. There may be many values you consider important that do not get ranked because they are not in the top five.

Values:	Work	Love	Play	Spirituality	Physical Well-Being
Achievement					
Adventure					
Calm/peace					
Challenge					
Collaboration					
Compassion					
Competence					
Competition					
Courage					
Creativity					
Dependability					
Dignity					
Discipline/order					
Excellence					
Fairness					
Flexibility					
Friendliness					
Fun/enjoyment					
Generosity					
Getting along/harmony					
Health					
Helping others					
Honesty					
Independence					
Individuality					
Innovation					
Intellectual stimulation					
Loyalty					
Open communication					
Persistence					
Respect					
Responsibility					
Security					
Wisdom					

MY TOP FIVE LIFE VALUES

Value	My Definition	Why Do I Value This?	Actions
Example (work): Independence	<i>Being able to work on my own without much supervision or interference from others.</i>	<i>I believe I think better and produce my best work when I have adequate freedom to do so.</i>	<i>Ask for a work-from-home day once a week. Work for myself.</i>
Work 1.			
Love 2.			
Play 3.			
Spirituality 4.			
Physical well-being 5.			

IDENTIFYING WHAT YOU WANT

Things I Don't Like in My Life	What Would I Like Instead?
Example: <i>I hate the apartment I live in because it is so noisy.</i>	Example: <i>I would prefer to live in an environment that is more soothing so that I can feel at peace when I am there.</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

ACHIEVING MY GOAL

My goal — what I want:

Why do I want this? Am I trying to solve an unrelated problem? Is this goal coming from a place of fear or true desire?

What value is this goal consistent with?

Are any doubts coming into my mind about my ability to achieve this goal?

How will I feel when I achieve this goal?

What are the specific steps I must take?

What can I do today that will bring me closer to my goal?

What can I do tomorrow that will bring me closer to my goal?

What can I do every day this week that will bring me closer to my goal?

CREATING GOALS

Big-Picture Value: (Example: Financial independence)

Long-Term Goal: (Example: Pay off debt)

**Short-Term Goal:
(Example: Call a credit counselor)**

**Short-Term Goal:
(Example: Consolidate my bills)**

Short-Term Goal:

1.

2.

3.

Goal Checklist

___ Can I identify **S**pecific steps?

___ Is it **M**easurable?

___ Do I believe I can **A**chieve this goal?

No 1 2 3 4 5 6 7 8 9 10 Yes!

___ Is it **R**elevant to my values in life?

___ Is there a **T**ime frame for achieving this goal?

___ Can I identify **S**pecific steps?

___ Is it **M**easurable?

___ Do I believe I can **A**chieve this goal?

No 1 2 3 4 5 6 7 8 9 10 Yes!

___ Is it **R**elevant to my values?

___ Is there a **T**ime frame for achieving this goal?

___ Can I identify **S**pecific steps?

___ Is it **M**easurable?

___ Do I believe I can **A**chieve this goal?

No 1 2 3 4 5 6 7 8 9 10 Yes!

___ Is it **R**elevant to my values?

___ Is there a **T**ime frame for achieving this goal?

GENERATING SOLUTIONS TO OBSTACLES

Write down the perceived real obstacles to your goal at the top of each column. Then ask yourself the solution-generating questions to see if you can find a way to overcome your obstacles.

Obstacles	1.	2.	3.
<i>What are my assumptions? Are they based on fact?</i>			
<i>Am I managing my resources?</i>			
<i>Can I brainstorm any ideas?</i>			
<i>Is there an alternative way to achieve what I want?</i>			
<i>What do other people whom I trust think?</i>			

HOW I SPEND MY TIME

Write down your activities for each hour of the day. Place a check mark next to activities that you believe are necessary (n) in your life or helping you move toward your goals (g) and the things you want in life. If the activity fits into neither category, don't place a check mark in that box.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
9:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
10:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
11:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
12:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
1:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
2:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
4:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
5:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
6:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
7:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
8:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
9:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
10:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___

SELF-ASSESSMENT OF TIME MANAGEMENT

1. Do I feel good in general about how I spend my time?

2. Do I spend any time during the week planning out how I want to spend my time, or does the way I spend my time happen by default?

3. Am I spending more time taking care of myself or taking care of other people?

4. What are my peak times of productivity?

5. What are the top three time wasters in my life?

6. Am I spending enough time working toward the things I want in life?

7. Are there things I am doing that aren't really necessary and don't move me toward my goals? If so, what are they?

8. Do I know how much time each week I should be spending on achieving my goals? If not, how can I find out? Have I set aside enough time to meet my goals?

9. When do I have the most flexibility — weekdays or weekends? Am I using my free time wisely?

10. Can I prioritize my activities to shift more of my time toward working on my goals? What activities can I move?

11. What is one thing I can change next week that will allow me to spend more time obtaining what I want?

HOW I WANT TO SPEND MY TIME

Once you have evaluated your time management using the first log, use this one to write down your revised plan for each hour of the next week. Place a check mark next to activities that you believe are necessary (n) in your life or helping you move toward your goals (g) and the things you want in life. If the activity fits into neither category, don't place a check mark in that box.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
9:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
10:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
11:00 AM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
12:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
1:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
2:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___

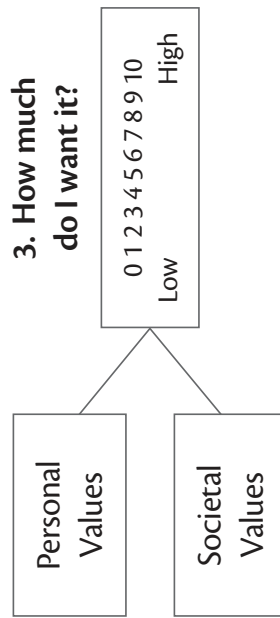
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
4:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
5:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
6:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
7:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
8:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
9:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___
10:00 PM	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___	n: ___ g: ___

SIX STEPS TO ACTION

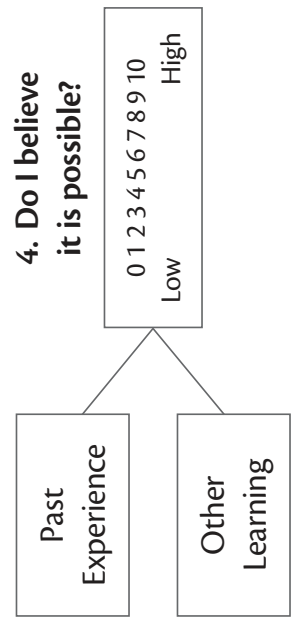
1. What do I want?

2. Why do I want it (big picture)?

3. How much do I want it?

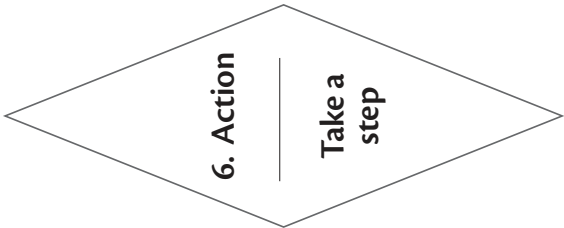


4. Do I believe it is possible?



5. Is it worth it?

Cost (Don't want)	Benefits (Want)
0 1 2 3 4 5 6 7 8 9 10 No	0 1 2 3 4 5 6 7 8 9 10 Yes



Remember, if the benefits outweigh the cost, you must keep your thoughts focused on the benefits so that you can take action.