

Reflection Questions *(part 1)*

Problem & Consequences

- 1. What is the specific problem?**
- 2. How am I feeling about it?**
- 3. What is the story I'm telling myself about this?**
- 4. How do I act when I tell myself this story?**
- 5. Is this working right now?**
- 6. What are the consequences a year from now if I keep going down this path?**

Reflection Questions *(part 2)*

Ideal Outcome, Reframe & Actions

- 1. What is the opposite of the old story?**
- 2. What are some examples that this opposite story is true?**
- 3. How do I feel when I tell myself the new story?**
- 4. What would I like to do instead? Rehearse doing it in your imagination a few times.**
- 5. What would be different a year from now if this was the new behaviour?**
- 6. What action could I take today to support this change?**