

Worksheet (individual)

**Identifying your challenges &**

**Practicing balanced thinking**

**Activity**

1. **Think about times when you feel challenged and what about that situation makes it a challenge.**

**What is the stressor?**

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|  | **What do you see as challenging about the situation?** | **What are the signs for you it is a challenge?** |
| **With others (relationships)**  **Taha whānau** |  |  |
| **Physically**  **Taha tinana** |  |  |
| **Mentally**  **Taha hinengaro** |  |  |
| **Emotionally**  **Taha hinengaro/**  **Taha wairua** |  |  |
| **To your identity and beliefs**  **Taha wairua** |  |  |

1. **What are some of the ways you manage or cope with challenges?**

Consider honestly how you respond and how helpful these reactions are.

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|  | **Thoughts**  What do you think about  what’s happening? | **Feelings**  How do you feel about the  situation? | **Actions**  What do you do to cope or  deal with the situation? |
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**How would you rate how satisfied you are with the results?**

(1 being very low – 10 being very high levels of satisfaction)

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|  | ☹ | (1 very low – 10 very high levels of satisfaction) | | | | | | | | 😊 |
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| **To relieve stress** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| **To achieve goals** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| **Effect on relationships** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| **On self esteem** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| **Overall rating** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

If your satisfaction levels are low, you may want to reconsider your course of action.

1. **Look at the thoughts you had in each situation and consider the following:**

* Do I know the facts or am I guessing what other people think or mean?
* Am I jumping to conclusions about the results of a situation?
* Do I often assume the worst or think things in ‘always’ or ‘never’ terms?
* Am I blowing the outcomes and impacts out of proportion?
* Have I looked at times I have succeeded, or only considered failures?
* Am I taking responsibility for something that isn’t in my control? (e.g. other people’s actions)
* Do I automatically think I can’t do this, I won’t know how, or I won’t get it right?

1. **Consider if the immediate thoughts affected your feelings and actions.**

* What were you aiming for?
* How effective were your efforts and how did it leave you feeling?
* Are they moving you towards your goal or away from your goal?

1. **Consider a couple of thoughts you noted above. Evaluate the top evidence for and against it and rewrite your thoughts considering both sets of evidence.**

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| **Thought** | **Evidence for**  What makes me think that? | **Evidence against**  What does not fit with my interpretation? | **Balanced thought** |
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1. **Does looking at the evidence on both sides help the way you think and feel about the challenge?**

My goal is:

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Challenge:

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