

Worksheet: Your Productive Outlets

1) Expression

(for example, write in journal, talk to friend, engage in expressive art)

2) Self-Acceptance

Identify aspects of yourself that you find difficult to accept or like. Make a list of these:

Read over your list, reminding yourself that you can be compassionate toward yourself with regard to these aspects of yourself. Utilize a phrase such as “I’m only human” or “nobody’s perfect” or “it’s okay to be like this,” while you think about each item on your list. At other times when you find yourself not liking or accepting yourself, use this same phrase to help you cultivate a compassionate attitude toward yourself and others. Give yourself and others permission to be human—to be less than perfect.

3) See Your Negative State as a Demand for Action

List at least five of your recent negative states: What was the demand for action?

4) Take Positive Action

A) Action aimed at relieving *the sources* of the negative state:

List the actions you might choose to relieve the source of one or more negative states that you listed above:

B) Actions aimed at relieving oneself of *the effects* of the negative state:

List actions you might take to channel your negative states into positive outlets. Refer to the example list given earlier in the text of Session 5. Then spend some time thinking and writing down your own list of “top 10” actions for relieving a negative state.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____