

## Goal List

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### Expression—to Yourself and Others

- \_\_\_ Ask yourself, “How do I really feel right now?” one or more times this week.
- \_\_\_ Write about your thoughts and emotions in your journal three times this week.
- \_\_\_ Call a close friend when you have some feelings to talk about, at least one time this week. (In order to be sure to be able to carry out this goal, you may want to ask your friend ahead of time if it is OK to call next time you are feeling negative or down.)
- \_\_\_ Plan ahead to engage in a particular expressive art (playing music, painting or drawing, dance, creative writing, and so on) the next time you experience a negative state at home, or at least one time this week.
- \_\_\_ Arrange to get together this week with a friend to talk about a recent experience or situation that upset or bothered you.
- \_\_\_ Other: \_\_\_\_\_

### Self-Acceptance

- \_\_\_ Remind yourself of “the solemn, deep promise to be gentle with yourself before and during any process of self-revelation” at least three times this week.
- \_\_\_ Write in your own phrase to describe a compassionate, self-accepting attitude toward yourself, such as “It is OK to be human,” or “I wish to accept myself as I really am.”
- \_\_\_ Think about an example of someone who suffered a trial or who has a disability and ended up making an impact in his or her life and the life of others.
  
- \_\_\_ Say the compassionate phrase to yourself at least three times this week.
- \_\_\_ Plan a time in the next week to discuss some part of yourself that you think of as “unacceptable” with a close trusted friend or with your seizure counselor.
- \_\_\_ If not addressed in these therapy sessions, ask your seizure counselor or physician to refer you to a psychologist, psychiatrist, or other professional counselor with whom you can work on self-understanding or self-acceptance.
- \_\_\_ Other: \_\_\_\_\_

### **See Your Negative State as a Demand for Action**

\_\_\_ The next time you observe yourself feeling fearful, angry, or upset, ask yourself: “How is this negative state a demand for action? What exactly is the source of this negative state and what could I do to relieve it?” (Do this at least one time this week.)

\_\_\_ List three to five negative states that you recently experienced. Write down at least one demand for action for each negative state you listed.

\_\_\_ Other: \_\_\_\_\_

### **Taking Action to Relieve the Source of the Negative State**

\_\_\_ Address/modify the following stressful situation at least one time this week:

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\_\_\_ Attempt to change a stressful situation with another person by communicating your needs clearly, using the assertive communication techniques described in Session 2. Pick a specific, ongoing situation that you will have the opportunity to deal with in the next week. Briefly describe the situation and what you plan to say:

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\_\_\_ Make a list of five or more possible actions you might take to relieve the source of a negative state that you experienced recently.

\_\_\_ Plan an action that will help you reach an important personal goal, improve your self-esteem, and relieve a potential source of negative states. (See earlier in this chapter for examples.) Briefly describe your plan:

### **Taking Action to Relieve the Effects of a Negative State**

\_\_\_ Engage in physical exercise three times this week (at least once, while in a negative state).

\_\_\_ Call or seek out a friend the next time you experience a negative state. (Arrange ahead with a particular friend or family member who is willing to provide social support this way.)

\_\_\_ Plan a particular vigorous activity that will give you a sense of accomplishment, that you will do the next time you experience a negative state while at home (e.g., clean out the garage, wash the windows, yard work):

\_\_\_ Choose some activity that is actively relaxing (e.g., a hobby, craft) that you will do the next time you experience a negative state at home:

\_\_\_ Plan an escape into recreation (e.g., book, taped TV show or video, magazine) that you will save specifically for the next time you experience a negative state while at home:

\_\_\_ Other: \_\_\_\_\_

After you have selected one of the above goals, write down in your own words specifically what you plan to do to meet this goal during the coming week. The more specific you are, the easier it will be to meet your goal.

**My goal for the week ending (give date) \_\_\_/\_\_\_/\_\_\_ is to:**

**On (give date) \_\_\_/\_\_\_/\_\_\_, I tried to meet this goal with the following results:**

**I consider that I did \_\_\_\_, did not \_\_\_\_ meet the goal I set for myself this week.**