

## **Open Up Worksheet**

*What difficult or unpleasant emotions, thoughts, physical sensations or experiences do I want to get rid of or avoid?*

*How do I respond when I experience them\*?*

*Did your responses make you feel better? Did they make your problems go away? Did it work? For how long?*

*How long have you been responding this way?*

*Did your responses make you feel better? For how long?*

*Did they make your problems go away?*

*How long have you been responding this way? Has this way of responding given you the life you want for yourself and be the person you want to be?*

*Can I choose to respond differently?*

Use this table to help you look at how you respond

Experiences	My response	Did it work

*\*Examples:*

*Avoiding people or places or activities or situations*

*Using distraction to keep away from painful experiences, for example, working late, watching tv etc*

*Comfort eating, drinking to relax or fall asleep, using drugs, self-harming, researching condition online, constant search for second opinion*

*Ruminating, overanalysing situations, constant preoccupation about the past, fantasies about the future, catastrophising, thinking positively*

*Others – going to the gym, yoga, meditation, singing etc.*