

Building motivation to move forwards

Thinking about the problem and beginning to work on the goals you have set. On a 0-100 scale rate:

✦ How much impact does the problem have on my life currently?

0	50	100
not at all		affects everything

✦ How important is it for me to reach my goals?

0	50	100
not at all		totally important

✦ How willing am I to set aside time to get better?

0	50	100
not at all		totally willing

✦ How much of a priority is getting better for me at the moment?

0	50	100
not at all		complete priority

If you are struggling with your motivation because of how you are currently feeling; or because of what treatment may involve, some people find it helpful to complete the following exercise:

✦ Write a letter to yourself. It's five years into the future and you haven't set aside the time to get better or improve your symptoms. What would life be like? What would you be doing? Where would you be going?

✦ Next, write another short letter to yourself. It's five years in the future and you have made the changes to break the vicious cycle and feel better. How pleased are you? what changes has it opened up in your life? What would you be doing? Where would you be going?