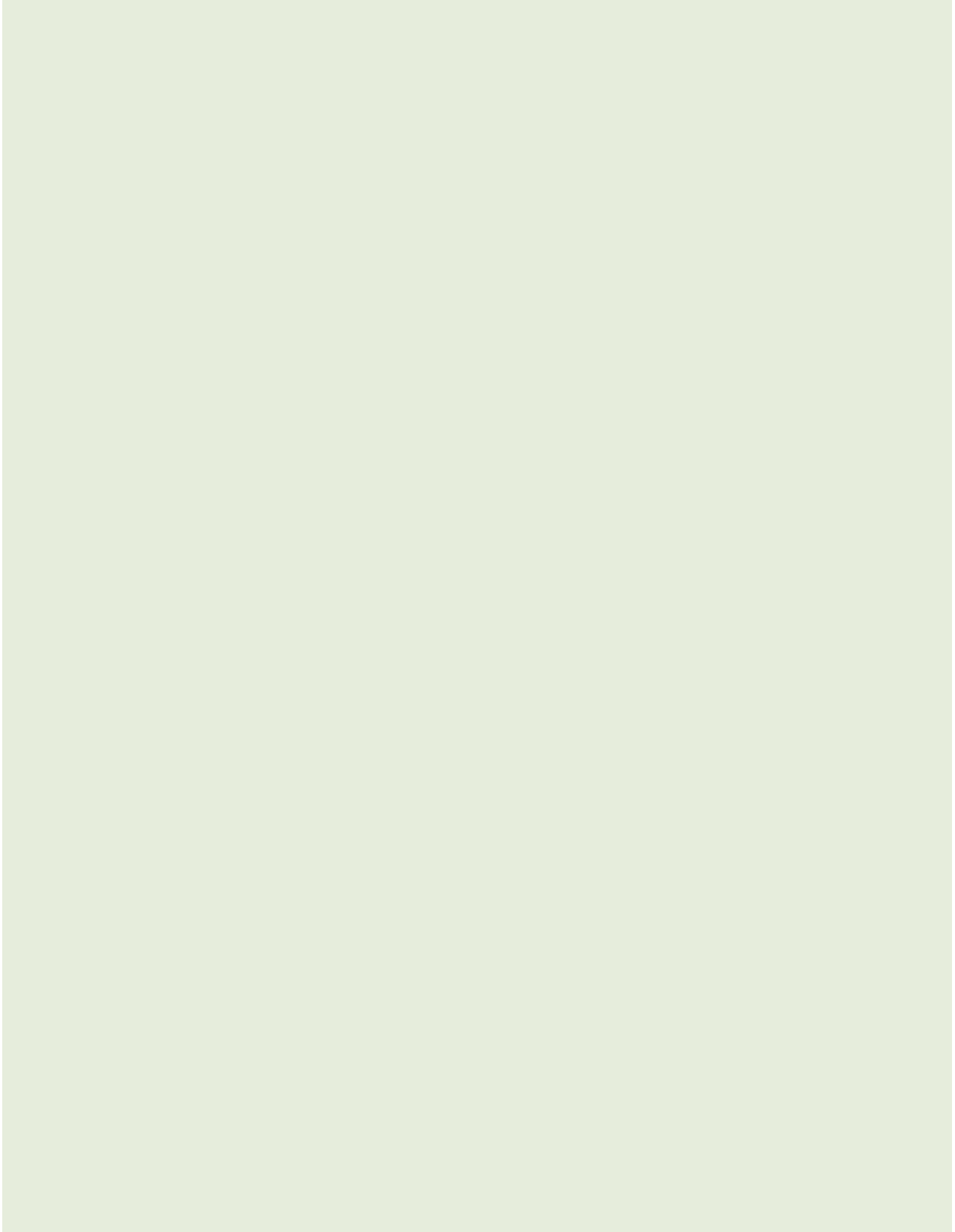


Doing Less

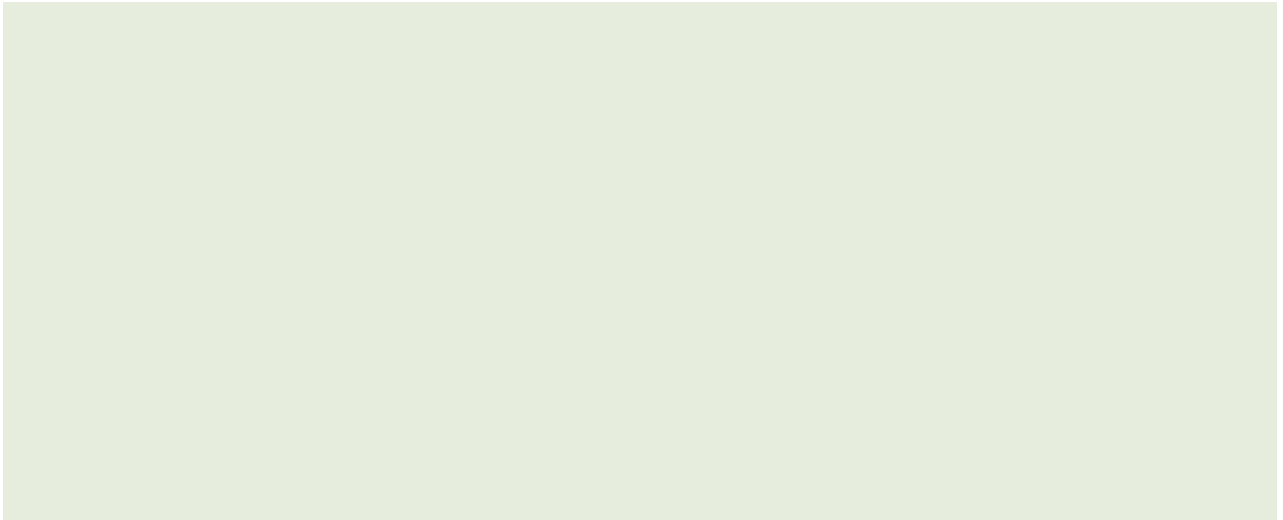
1. What do you want to stop doing? If you could say no without consequence, what would you stop doing?

Be detailed and specific, and list anything that comes up, no matter how minor they may seem to you.



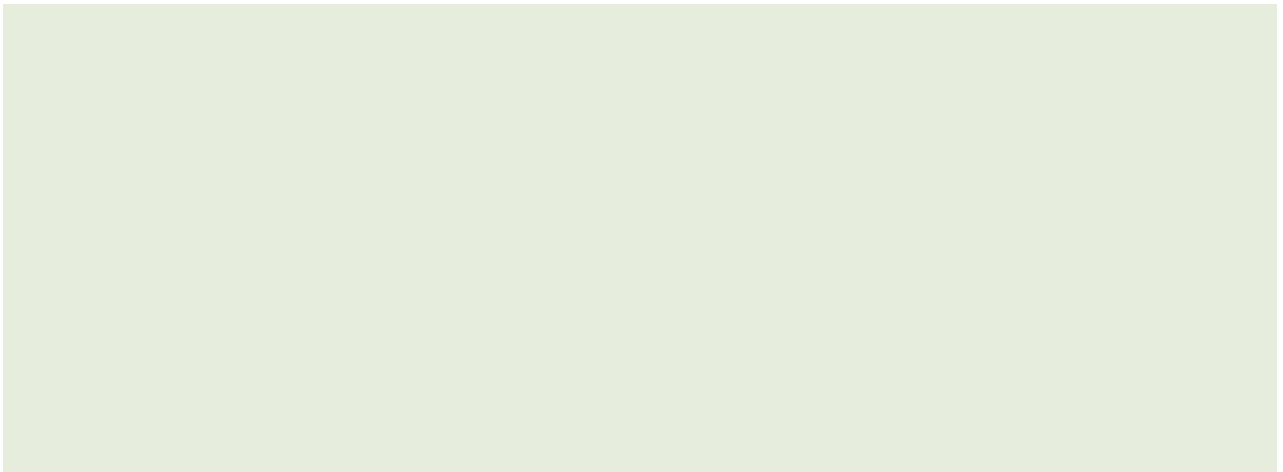
2. Why do you want to stop doing these things?

Come up with as many reasons as you can.

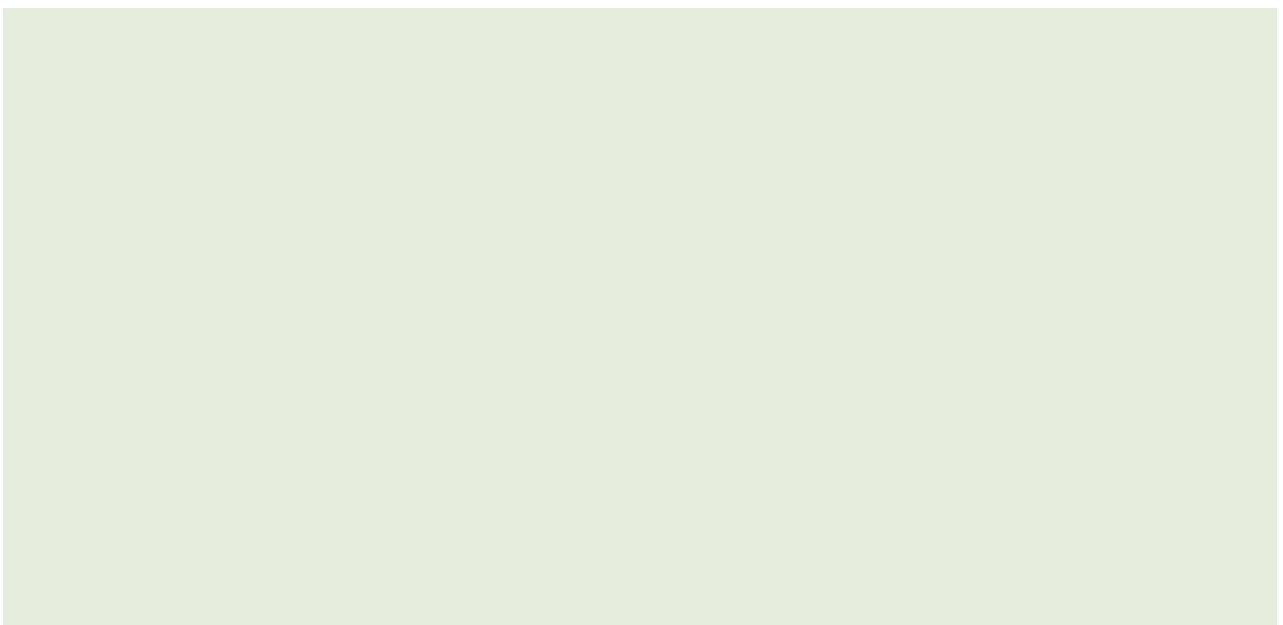


3. Why does it currently feel uncomfortable/impossible to stop doing them, or to say no?


What do you imagine will happen?



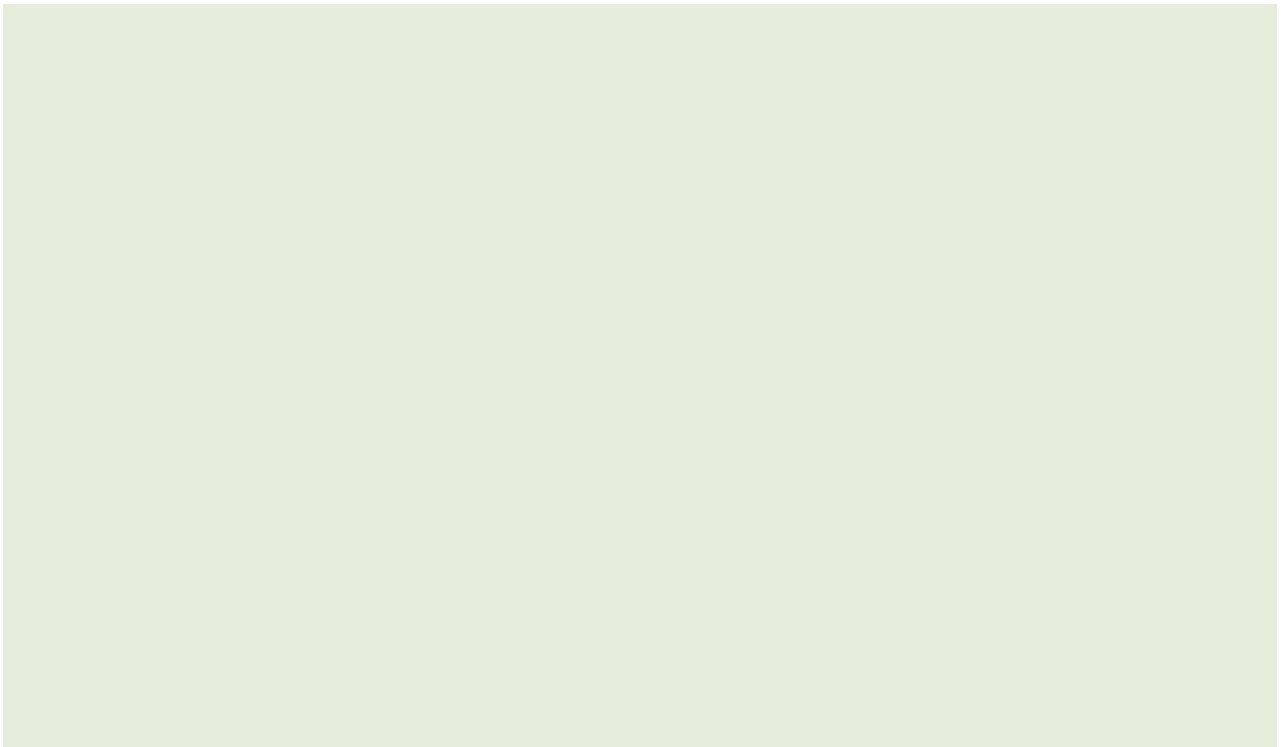
4. What has been preventing you from stopping doing them, or from saying no?



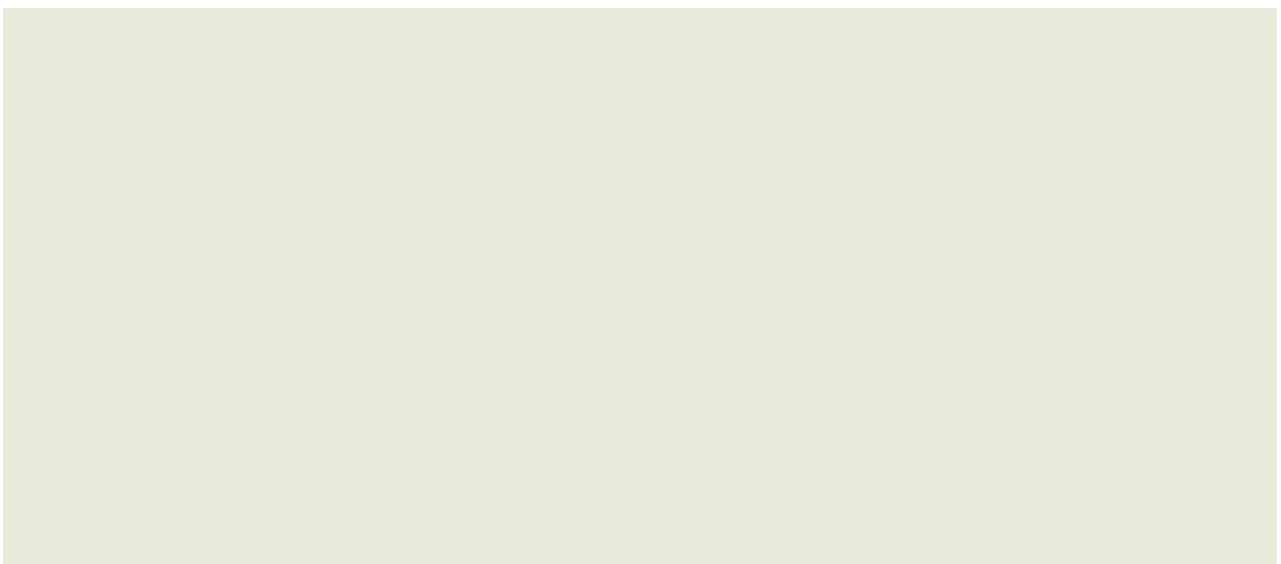
5. What do you get out of saying yes and doing them?



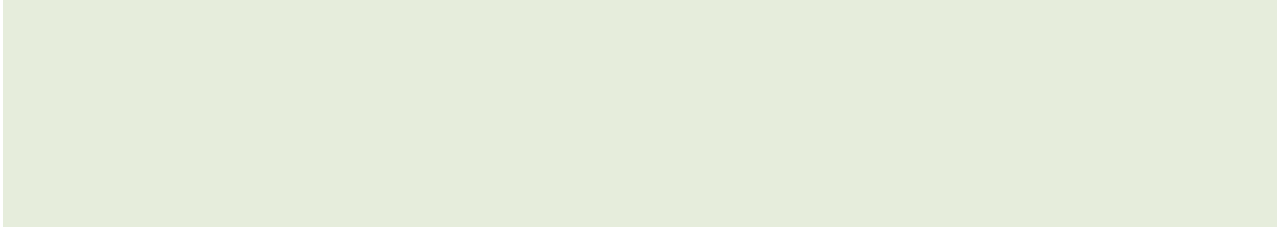
6. What will other people think of you if you stop doing these things?



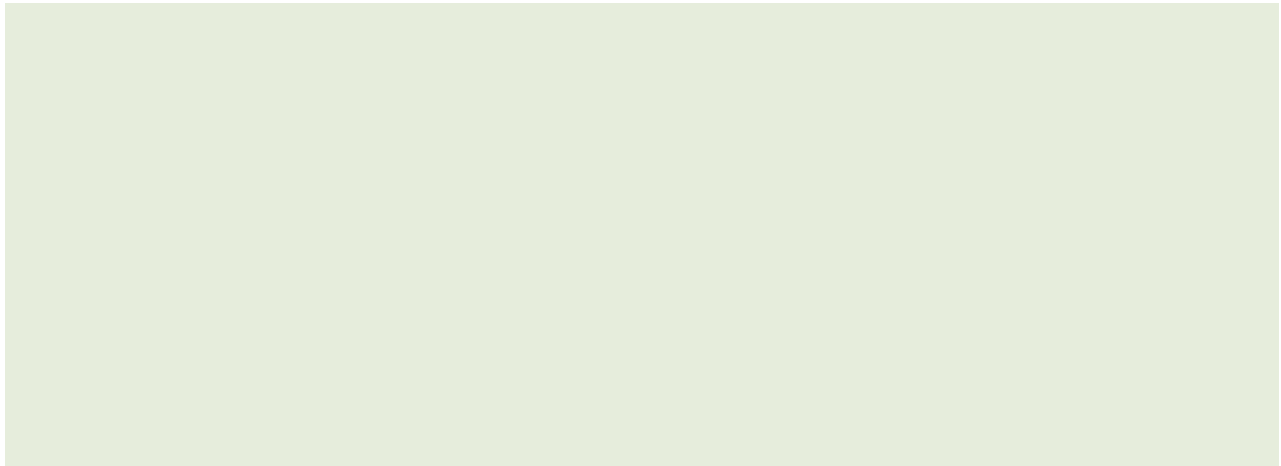
7. What judgements or criticism does your brain come up with when you consider this?



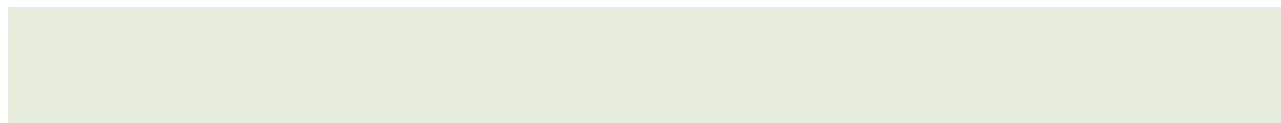
8. What emotions might come up as you start to do less?



9. How can you approach these emotions that may be uncomfortable for you to feel, in a way that is loving, kind and do-able?

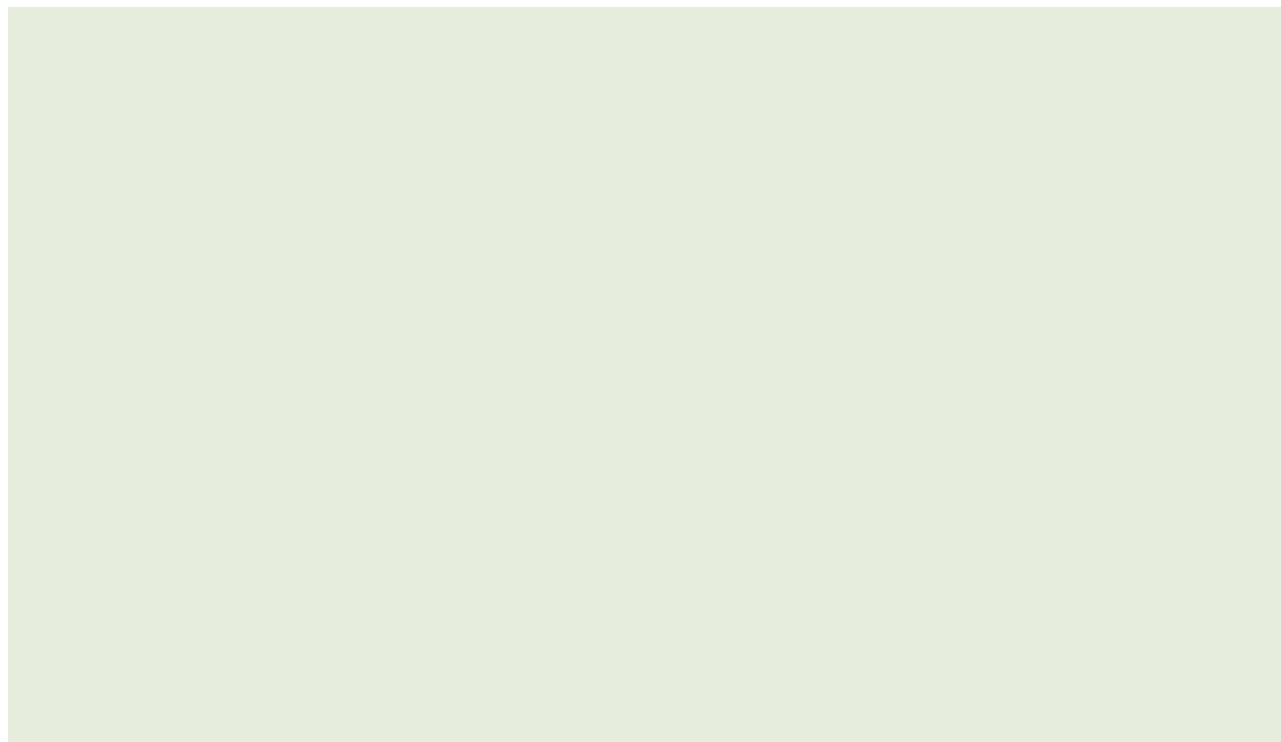


10. Are you willing to experience the discomfort that may come up?



11. Why?

Really sell/convince yourself as to why this matters



12. Who would you be if you didn't do this thing or if you said no to a request?

13. Who do you need to become in order to say no and stop doing so much?
Get detailed about this future version of yourself; what you're thinking, feeling, and doing.

14. What does this version of you say when requests are made?

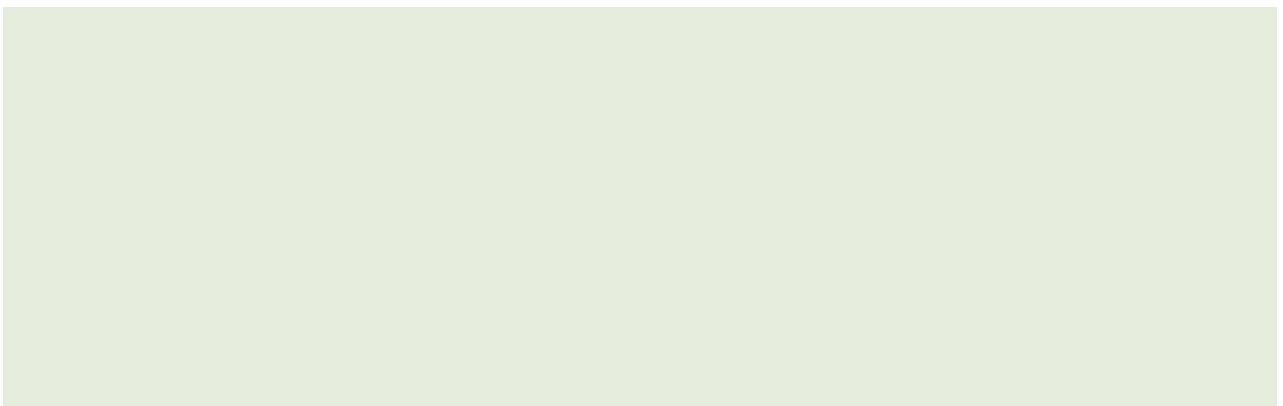
15. What about communicating that you'll no longer be doing something?

16. What urges might you need to overcome in order to do this?

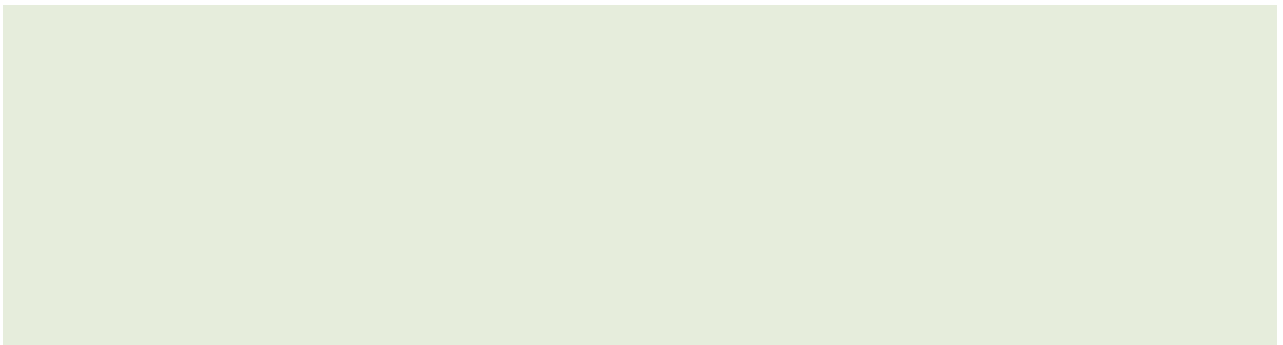


17. What consequences might you need to be willing to experience?

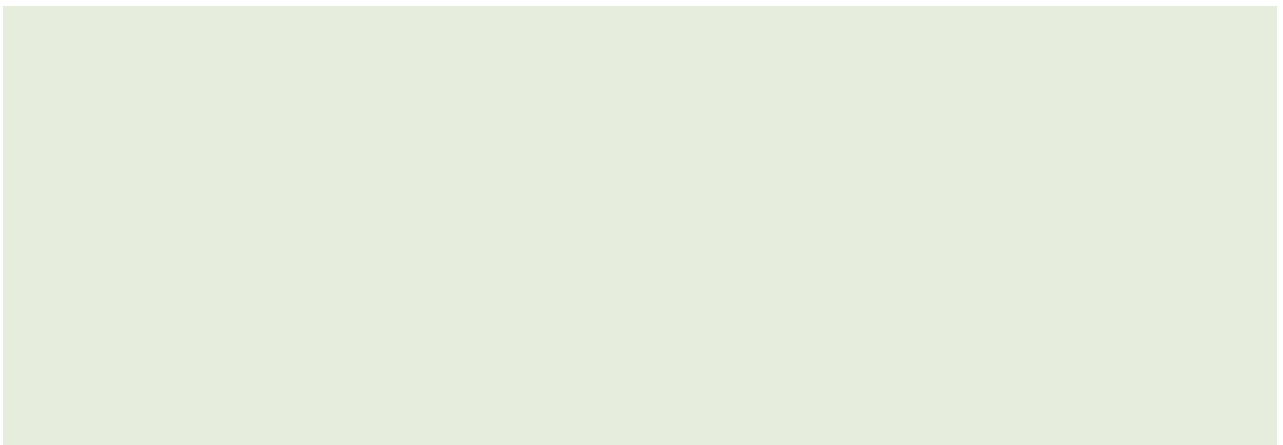
You can consider consequences for you directly as well as consequences for others.



18. What thoughts about yourself could come up when this happens?



19. How can you respond to these thoughts in a kind and helpful way?



Overcoming Urges

Every time you overcome an urge to do something, or you sit with an uncomfortable emotion, colour in a circle or tick it off in some way.

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