

## Exercise 2 – Do you WANT to change?

Ask yourself the following questions and tick which of these are relevant to you.

Do you:

want to be a happier person?

consider yourself generally a sad person?

get angry or tearful at the slightest provocation?

ever think that your life may be out of control and think that you should be doing more with your life?

feel that you lurch from crisis to crisis and sense your life is a series of disasters that just keep getting worse?

want to be more content or want more happiness with less stress in your life?

feel that you meander aimlessly through your existence on the planet?

use substances to get through the day or evening, be that cigarettes, drugs or alcohol?

you worry a lot and only focus on the negative aspects of life?

have a profound sense of dissatisfaction with your lot in life?

you neglect other parts of your life in your drive to be a success?

get stressed out by little things and have lots of 'dramas' in your life?

feel lonely at times or feel afraid to be alone?

struggle with domineering parents and/ or argumentative children?

when you look in the mirror do you have regrets about your life decisions?

blame others for your woes instead of taking responsibility for them?

find it hard to like yourself and like who you see in the mirror?

If you're answering 'Yes' to any of these, you're in need of positive change!

With that determined, let's see if you're ready and prepared to change.

If you can answer yes to the following questions, then you are ready to make that change!

Do you:

want to be in a warm, loving relationship?

want to have closer relationships with your immediate family and with friends?

want to sleep well with less worry?

want to wake up in the morning with zest for the day ahead?

want to have more success in your working life?

want to be able to deal with more things than you do now?

want to feel that your glass is half full as opposed to it being half empty?

want to be happy in your own company and stop being afraid to be alone?

want to be more confident and want to like, even love, yourself?

want to laugh more?

want more people to like and be more respected by others?

want to enjoy yourself more?

In addition or instead of these desires for positive self-improvement, you may be looking for a reduction in pain or trauma, particularly as a result of 'The Disruption'. After The Disruption, we will want to recover and move on.

So, if you have been affected, are you:

- suffering any emotional upset over how the Coronavirus pandemic, quarantines, social distancing and other measures to combat the virus were implemented?
- experiencing grief through losing people close to you (or people you are acquainted with and are upset about)
- upset that you've not been able to grieve properly as a result of truncated funerals or shortened grieving rituals
- feeling that your grief been marginalised by the large numbers of other grieving over their losses?
- not sleeping well and affected by the trauma of the isolation and fears from the pandemic
- still feeling scared and uneasy to mix with people
- having a general sense of fear/ insecurity or imbalance caused by the lockdown
- traumatised by the entire experience

Some of these issues can be extremely painful and upsetting to you. If you want to improve any of the above, then you are **READY** to change.

I'm ready to make changes

Signed:.....

Dated:.....