



The A, B, and C's of Setting Yourself Up to Succeed

Attitude to adopt:

- Practice self-compassion
- Be grateful for your strengths and the positive things in your life
- Think positively about your ability to meet the challenge
- Curiosity about your efforts, thoughts and feelings while practicing new behaviors
- Curiosity about the needs not being met when experiencing negative emotions
- Curiosity about needs being met by addictive/compulsive behaviors
- Viewing goals as a win/learn vs. win/lose opportunities
- Celebrate your progress

Begin to learn & practice the skills necessary to make changes:

- The Stages of Readiness to Change
- How to create specific, measurable, attainable, realistic and timely (SMART) goals
- Mindfulness ((a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. (Definition from the Oxford Dictionaries))
- Come up with strategies for staying connected to your motivators for change
- Identify your strengths & use to make changes/ reach goal/s
 - Identify your top 5 strengths for free by going here:
<https://www.authentic happiness.sas.upenn.edu/user/register>
 - Once registered, select the “VIA Survey of Character Strengths” from the “Questionnaires” drop down menu, found out at the top of the page

- Keep a symptom journal to track how you feel mentally and physically
- Notice improvement

Communication with your Therapist/Coach:

- Honestly share about current thoughts, feelings and behaviors and progress
- Always express your needs and wants
- Provide feedback on how best to work with you
- Always ask questions