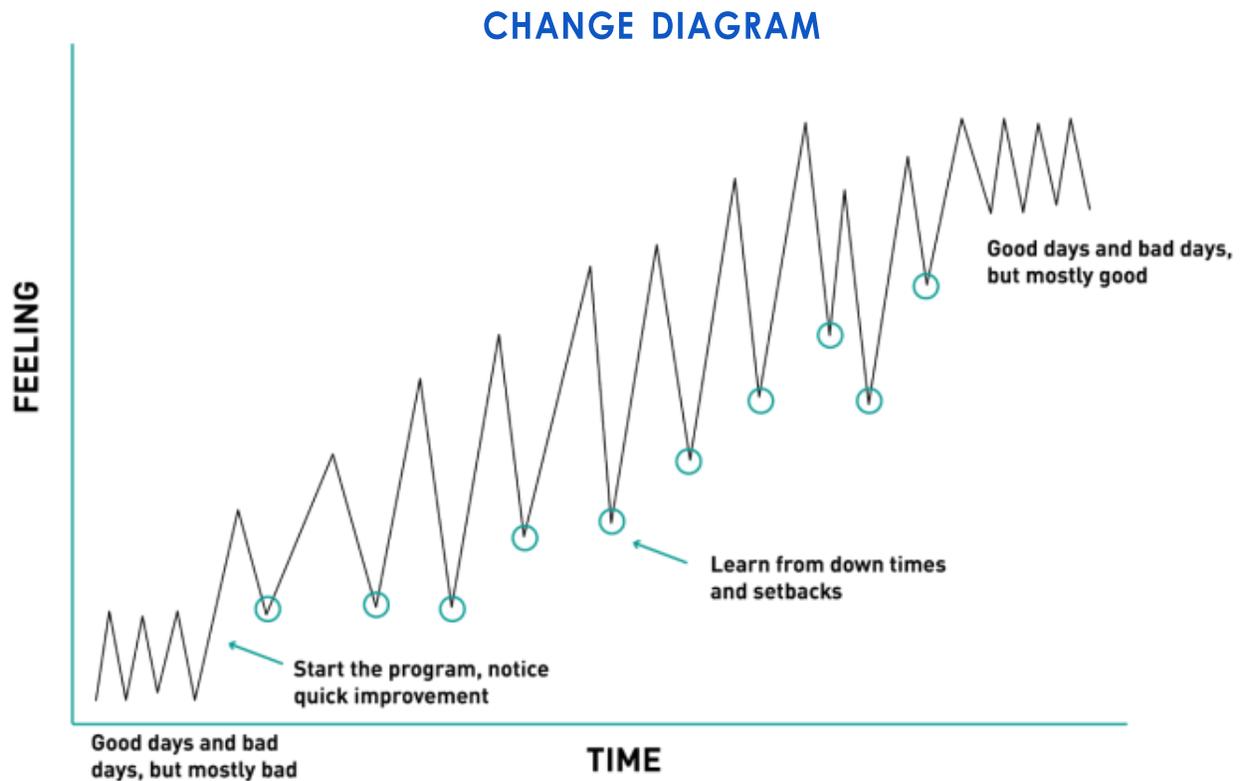


Change Has Its Ups & Downs Exercise

Spent some time completing this exercise and review it with your Licensed Brain Trainer.

The road to change is not a 1-way street. Your journey will be like going up and down a staircase. You'll go up several steps, feel like you've made progress, then go back down a few steps when difficult situations arise. You'll make several more steps of progress, then slip back a few, but usually not as many as before. Usually, the slope of progress is in an upward, positive direction.

Look at the following Change Diagram to know what to expect.



Exercise: Write down one of your downtimes or setbacks and be curious about it. What can you learn from it?

SETBACK	WHAT I LEARNED
When I lost my job, I started falling back into old habits.	When things get stressful, I need to be extra careful about how I respond.
SETBACK	WHAT I LEARNED