
THE WILLINGNESS AND ACTION PLAN

1. My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

2. The thoughts/memories, feelings, sensations, urges I'm willing to make room for in order to achieve this goal are:

■ Thoughts/memories:

■ Feelings:

■ Sensations:

■ Urges:

3. It would be useful to tell myself that:

4. If necessary, I can break this goal down into smaller steps.

The smallest, easiest step I can begin with is:

The time, day, and date when I will take that first step are: