

Creating a New Life Worksheet

To assess your efforts to build a new life, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

| | Tried Y/N | Rating -5/+5 | Use in Future |
|---|--------------|-----------------|------------------|
| Develop new sources of meaning (interests/ goals) | | | |
| Adjust goals to abilities | | | |
| Reframe life to focus on gains | | | |
| Practice gratitude | | | |
| Nurture self (pleasurable experiences) | | | |
| Find models of successful adjustment | | | |
| Promote family acceptance | | | |
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