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Can you continue on the current path?

How do you react to that statement? What does the term powerless mean to you? Can you understand how some people can be powerless? Why is this a problem? What situation are you faced with? What consequences have you endured? What consequences will you endure if 'things' don't change? Why is change hard?

Adversity (i.e. anxiety/depression/addiction/relationship issues) cripples our ability to reflect honestly on 'life'. It creates a level of irrational thinking that blocks understanding the havoc that has been caused to ourselves and in the relationships important to us. Step one centers on identifying how the current situation has impacted the quality of life experienced. Reflect on the following questions...

What situation are you faced with?

What pleasure do you receive out of not changing?

What pain do you associate with change?

What will it cost if this situation doesn't change?

Name a relationship the situation has placed in jeopardy. What hardship has that person had to deal with?

How has the situation limited the joy you experience?

Why is change hard?