

Stuff to do for Week Five

- Construct your rational-irrational dialogue and build up your conviction in your healthy beliefs as high as possible. Read through it and rehearse it a fair few times.
- When you feel you are ready, initiate as many behavioural assignments as you can, either in your imagination, or for real, or both.
- Note down your successes, your near misses and the times it went wrong (if indeed it did at all). If it did go wrong, note down what you said that had you returning to your previous behaviours and add it to your rational-irrational dialogue.
- Keep practicing
- Before you start the chapter on Week Six next week, just answer the following reflective questions.

Reflective questions

1. What is this chapter about and how have you applied that knowledge?
2. What behavioural assignments have you tried? How pleased are you with your progress? If you're not as pleased as you would like to be, what do you think is hampering your progress?
3. Have you had any insights, or 'light bulb' moments as a result of reading through this chapter, in challenging your beliefs this way, in putting it into practice and in reflecting on what other areas they may relate to over the past week?