

STUFF TO DO FOR WEEK FOUR

- Read through your persuasive arguments several times over the coming week, reflect on them and try to apply them to your specific problem. Make a note of any and all effects you notice as a result of using these arguments.
- Note down your success and your doubts in this respect (i.e. notice what improvement you have made, but also identify any blocks to moving forwards that appear). And don't beat yourself up if things don't go as well as you would like. There are no failures, only opportunities to learn.
- Before you start the chapter on Week Five, just answer the following reflective questions:

REFLECTIVE QUESTIONS

1. What is this chapter about and how have you applied that knowledge?
2. Can you relate 'persuasive arguments' to any other areas of your life? Have you tried to do so and, if so, to what effect?
3. Have you noticed an emotional shift and, if so, to what degree? What changes in your mood and/or behaviour have you noticed?