

Worksheet for Difficult Choices

You can leave the situation/relationship/issue.

How will this change things? _____

Will things be richer, fuller or more meaningful? _____

Stay and change what can be changed.

What actions can you take physically and verbally to change things? _____

What strengths and skills can you use? _____

What help/resources can you use to make things better? _____

Stay and accept what cannot be changed and live by your values.

Recognize and allow yourself room for painful thoughts and feelings that arise from the reality of what is, versus the way you would like it to be. Allow yourself to feel those feelings but not be overcome by them. Increase your self-care and be kind to yourself.

Focus on yourself and living by your core-values.

What are your core-values? _____

How can you live them out in the situation/relationship/issue that you are facing? _____

Stay and give up and do things that make it worse.

Engage in self-defeating activities that allow you to stay in the situation, which make things worse in the long run.

What self-defeating behaviors would you engage in to stay in the situation/relationship/issue? _____
