

Overcoming Discouragement



Solution
Based
Casework

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1. The first step is to **recognize that “becoming discouraged” is probably your biggest problem;** it can make everything else worse.
2. Once you have identified “discouragement” as the problem, **find someone to talk to about this problem.** If you are able to do this, you will have taken a big first step toward your goal.
3. People who are successful in overcoming discouragement say it is useful to identify **when you are most likely to get discouraged** (i.e. what kind of situations do I get discouraged in?).
4. It is often helpful to **work with experts in identifying these situations,** seek counseling or a class to help you with this step.
5. Once you have figured out when you are “at risk” for not fighting off “discouragement,” try to **notice what is happening inside of you right as discouragement starts to come over you.** These thoughts or feelings will be your early warning signals.
6. If you have identified your personal early warning signals, you need to **congratulate yourself** because you are well on your way to avoiding or at least limiting the effects of discouragement.
7. Research has found that people who have been successful in overcoming discouragement all have a way to **catch the feeling early and take immediate action** to avoid it getting any worse.
8. The next step is to **find out what action works best for you** to avoid certain situations, or get out of them (if you can’t avoid them) before “discouragement” can really take hold of you. See if the Idea Sheet on Overcoming Discouragement can give you some ideas.
9. Finding out what works for you always takes practice! Try to **notice small signs that you are starting to overcome disappointment** more than you used to, and then tell someone about that change.
10. Finally, **CELEBRATE each small step,** they add to one big journey!