Overcoming Discouragement

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Ideas That Helped Others Prevent the Discouragement Pattern

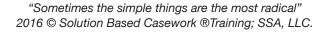
- **1.** Pray, practice meditation, take a yoga class, and go for a walk.
- 2. Write your thoughts in a journal each day and leave them there!
- **3.** Set up a daily routine that establishes regular sleeping times, eating times, and special times just for you.
- 4. See your physician for medications that are sometimes necessary to balance your body's ability to ward off discouragement.
- 5. Follow physician's prescription, talk to them if something is not right instead of deciding on your own to make a change.
- 6. Join a support group of people who are starting to change their lives.
- 7. Get plenty of exercise doing things you enjoy, take a friend!

Ideas That Helped Others Interrupt the Discouragement Pattern

- 1. Practice catching yourself when you start to dwell on situations.
- 2. If you do catch yourself, try putting your feelings into perspective, or listing your strengths, or just letting go of the thoughts and refocusing on something positive.
- 3. Make a list of positive things in your life that you like to think about.
- 4. Immediately apologize for the tone in your voice, or your silence, or critical words, and then take a "calm break" until you are yourself.
- 5. Interrupt what you are doing with some action that always makes you feel better, like taking a bath, going for a walk or calling a friend.

Ideas That Helped Others When Discouragement Overwhelms Them

- 1. Call a sponsor/counselor and talk about how the situation probably built up. Get them to remind you that this moment will pass.
- 2. Make sure your children are safe and you are safe.
- **3.** Take time to de-brief the "setback," a lot of good ideas to improve your plan can come from figuring out the details of what happened.
- **4.** When you start to come around, use one of your strategies that will help you interrupt the negative and refocus on the positive.



Solution Based Casework