

## *Overcoming Discouragement*



**Solution  
Based  
Casework**

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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.