

Tool 3.3: Five questions about getting what I want

Sometimes it's hard to see what you could do differently to achieve your goals. Your goal in this exercise may be to reduce or resolve an addictive behavior, or it may be something broader.

1. What do I want for my future?

Examples: To get my degree, to be a good parent, to be financially independent

2. What am I doing to achieve that now?

Ex: Bookmarked ideas, talked to a friend, started an application

3. How do I feel about what I'm doing now?

Ex: Dissatisfied, stuck, guilty, stressed, disconnected

4. What could I do differently to help me get what I want?

5. How would changing what I do or getting what I want make me feel?

Compare your feelings about what you're doing (2) with how you'd feel if you changed your approach (5). Could the difference between the two motivate you? Could the activities in (4) help take the place of your addictive behavior? And if so—how much more quickly might you reach your goal in (1)?