

HANDOUT 15C Challenging Thoughts and Beliefs – Postponed Project



Think of a task or a project that you would have liked to accomplish. This could be a project that you have already started on, but you did not finish or a project that you really want to do and that you dream about doing but keep on postponing. We will call this the postponed project.

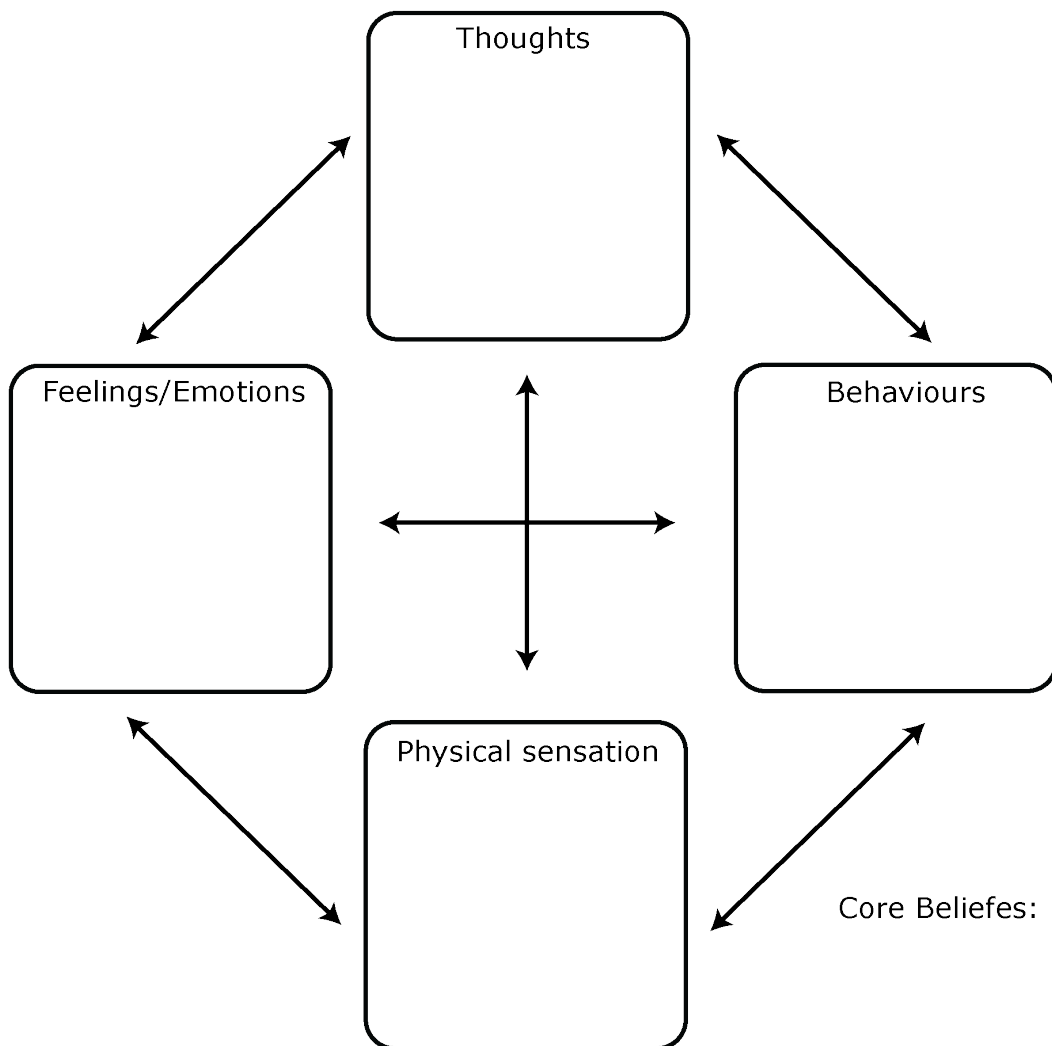
Write about the project in the lines below:

PROJECT POSTPONED

The project or task: _____

Now fill in The Diamond below to find out which thoughts, behaviour, feelings, and physical sensations you have in relation to the postponed project.

Situation:





Consequences or results so far?

Are there any obstacles or things that you tell yourself related to not fulfilling the goal of the project?
