

HANDOUT 15D Challenging Thoughts and Beliefs – Fulfilling a Project



PROJECT TO FULFILL

Now we will try to turn this around and help you achieve a goal that you think is important to you. Think of a task or a project that you want to accomplish.

Write about the project below, and who and what can help you achieve it.

The project:

Resources (e.g.: family, friends, social assistant, and institutions, among others):



TRANSITIONAL SKILLS

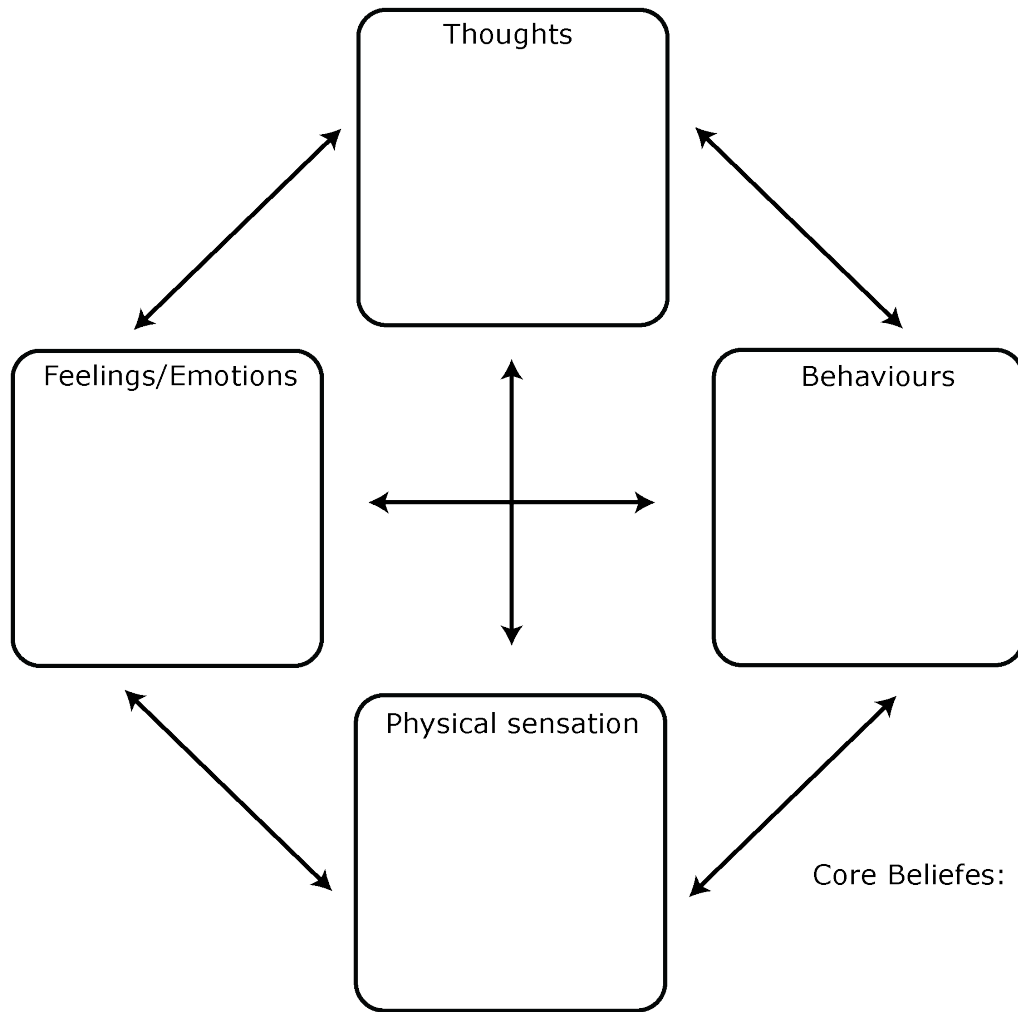
THE CHALLENGING THOUGHTS AND BELIEFS



Now fill in The Diamond:

Try to imagine which thoughts, feelings, and physical sensations you will have and which behaviour or actions you do when you fulfill your project.

Situation:



What are the consequences and results so far in fulfilling your project or task?
