

DR. JAIME



Plan for Defeating My Barriers

Directions: Before completing this worksheet, you want to complete the “What Stops Me from Pursuing My Life Worksheet.” In this activity you want to relist out your barriers and then find reasons why your barrier is not necessarily true. After you have listed out your barrier and defined any falseness, you want to create an action plan of how you will march through the barrier next time it rears its head.

Created Example:

Barrier:

I have to control everything.

What about this barrier is not all true:

This barrier is not all true because I do not HAVE to do anything. I can't control everything.

Next time this barrier rears its ugly head, I plan to do the following

I will practice self-control and reflecting on what I can do to change the situation.

1. Barrier:

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following

2. Barrier:

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following

3. Barrier:

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following

4. Barrier:

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following

5. **Barrier:**

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following

6. **Barrier:**

What about this barrier is not all true:

Next time this barrier rears its ugly head, I plan to do the following