

The "As If" Exercise

Imagine that one morning you wake up OK. The struggle has been successful, the battles won, the changes made, there is nothing more to feel guilty about or to berate yourself for. You truly deserve love, satisfaction, success, respect, and all the good things in life. This may take some time to fully imagine. Don't be in a hurry. Feel it all the way inside. How would things be different if you were just fine right now?

My emotional state:

My view of myself:

My personal habits:

My relationships and the way I behave with others:

My plans for the future:

What I would do just because I wanted to:

Why I can't act and feel this way now, what's stopping me:

At least one thing that I *can* do right now:

At least one positive way that I *can* feel or believe about myself: