

**MOTIVATION: I am doing this challenging work in the service of ....**

- 1st column: in order to do what matters to you, are you willing to make room for difficult thoughts, feelings, emotions, memories, sensations? Write Y for yes, N for no
- 2nd column: write in what you will actually do
- 3rd column: write in the predicted degree of difficulty, 0-10, where 0 = no difficulty at all, and 10 = extremely difficult

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