

## Preoccupations

Consider a preoccupation as a pattern of thinking and believing that acts as a filter through which you make decisions and set up your life. It is the background noise of a goal or changes that is not put into practical action.

From the following list, circle your three most prominent preoccupations and write one paragraph about their effect on your life. How have they added to your life; how have they hampered it? How are they related to what you call your problems?

independence

addiction/s

security

fear

conformity

lack of love

perfectionism

intellectual accomplishment

overspending

resistance to authority

control

family entanglements

anger

revenge

physical image

guilt

gaining approval

self-criticism

under earning

emotional dramas

1. \_\_\_\_\_

How does this preoccupation/background noise affect your life?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some situations in which this preoccupation is present?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

How would using the alternative to your  
preoccupation/background noise change your perspective  
regarding these situations

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some beliefs that would be supportive of this change in your  
life?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

2. \_\_\_\_\_

How does this preoccupation/background noise affect your life?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some situations in which this preoccupation is present?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

How would using the alternative to your  
preoccupation/background noise change your perspective  
regarding these situations

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some beliefs that would be supportive of this change in your  
life?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

3. \_\_\_\_\_

How does this preoccupation/background noise affect your life?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some situations in which this preoccupation is present?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

How would using the alternative to your  
preoccupation/background noise change your perspective  
regarding these situations

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some beliefs that would be supportive of this change in your  
life?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

I'd like to change.....

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I'd like more.....

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I keep thinking.....

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In six months I'd like.....

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The important things in my life right now are.....

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The qualities in people I admire most are.....

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I'd be delighted if my life included.....

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I'd like to change.....

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