

MY STRATEGIES MIGHT NOT BE WORKING:



IT DOESN'T HELP ANYMORE

You try it, but you don't feel any better.



IT ONLY WORKS SHORT-TERM

You feel better for a while, but the problem comes back quickly.



IT CREATES NEW PROBLEMS

It helps in one way, but leads to other issues (e.g. burnout, guilt, conflict).



IT DOESN'T FEEL ACCESSIBLE

You can't use it in certain situations (e.g. at work, when you're tired, alone).



IT LEAVES YOU FEELING WORSE

You feel more exhausted, irritable or anxious afterwards.



IT KEEPS YOU STUCK IN A CYCLE

You end up doing the same thing over and over without real change.



IT NO LONGER FITS YOUR LIFE

Your needs or circumstances have changed, but the strategy hasn't.



IT FEELS LIKE A "SHOULD"

It feels more like an obligation than something that actually helps you.



YOU FIND YOURSELF THINKING "NOW WHAT?"

You've tried it, but it's not working and you're left without another option.