

EXERCISE: UNDERSTANDING MY VICIOUS CYCLE

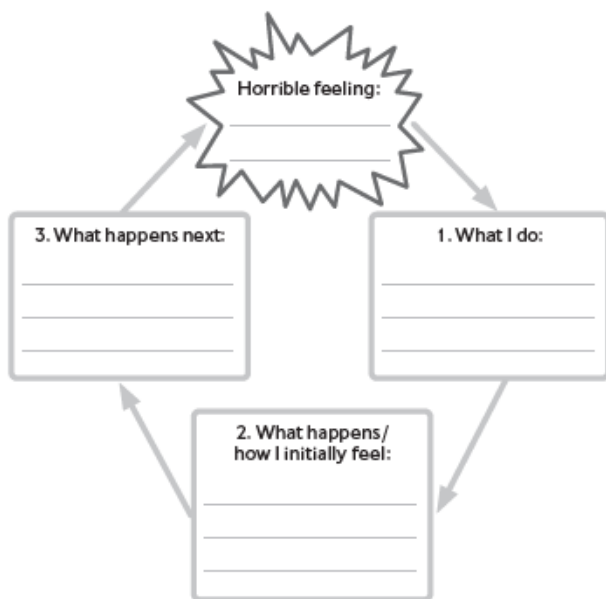


Figure 9.4: My vicious cycle 1

Step 1: What I do

Choose the one main thing you do from the checklist in the exercise and put it into box 1 (What I do) in Figure 9.4. Use your own words and keep it brief. For example, you might say: 'hide my feelings'; 'worry about the situation', 'stop seeing people' or 'smoke

weed'. You only need to consider one action at a time.
You can draw out other cycles later.