

## EXERCISE: IDENTIFYING RISKY SITUATIONS

One of the best ways to prevent setbacks is to know what situations tend to trigger them. In this exercise, you will reflect on times when you have slipped in the past or felt the urge to procrastinate, and identify the common patterns around those moments. Use the template in Table 8.2 to uncover the where, when, what and with whom of your risky situations.

## **Recall a moment when you slipped out of your routine**

Think of a recent time when you did not follow through on a goal or task, even though you had planned to. Try to recall the context as clearly as possible.

### **Break down the situation**

Fill in the blanks in Table 8.2 for one or more situations.

**Table 8.2 Breaking down the situation**

| <b>Where was I?</b> | <b>When did it happen?</b> | <b>What was going on (internally and externally)?</b> | <b>Who was around me, if anyone?</b> |
|---------------------|----------------------------|-------------------------------------------------------|--------------------------------------|
|                     |                            |                                                       |                                      |
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## **Look for patterns**

Once you have completed at least two or three examples, reflect on any recurring themes. Are there certain environments, times of day, emotional states or people that tend to be associated with procrastination or setbacks?

You can revisit and expand this exercise over time. The more clearly you understand your risky situations, the more effectively you can prepare for them – either by adjusting the situation, building new habits or using strategies you have already learned in this self-help book.