REASONS

On a day when you are "on the fence" or have mixed feelings about doing the activity, stop, sit still, be quiet, and listen to the "reasons" your mind gives you for NOT doing the activity. List as many as you can. Then list more. Then list silly or nonsensical reasons. Fill the page (use the back if you want) and bring it with you to the next appointment.

By the way, you can choose to DO or NOT DO the activity. That is up to you.

Activity: _____

List of Reasons:

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