

# Overcome A Problem

Date: \_\_\_\_\_

## Problem

### Choose My Destination

Currently At

Where I Want to Go

### Change My Focus

Current Focus

New Focus

### Control My Emotions

Out-of-Control Emotions

New Emotions From New Focus

<u><b>Challenge My Beliefs</b></u> Current Beliefs/Self-Talk	<u><b>New Empowering Beliefs/Self-Talk</b></u>
<u><b>Clarify Underlying Issues</b></u> Current Issues	<u><b>New Thought Habits</b></u>
<u><b>Communicate With Purpose</b></u> Current Ways	<u><b>New Purposeful Communication:</b></u>
<u><b>Change My Lifestyle (Habits)</b></u> Habits To Stop	<u><b>New Habits</b></u>

For further information go to [www.HowToStopRelapsing.com](http://www.HowToStopRelapsing.com)