

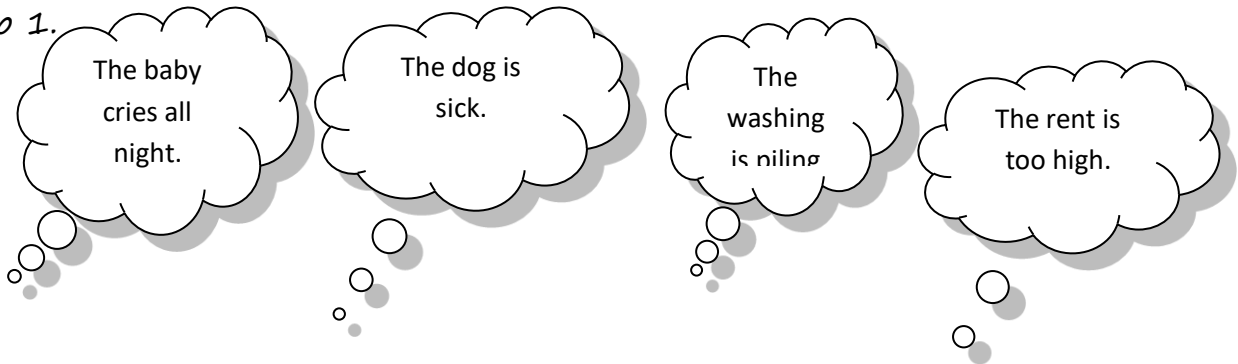
Clouds of Concern



Clouds of Concern

Take 5 minutes in a quiet place to think about the things that are troubling you or concerning you. Sometimes these things whizz around in our heads and clutter our minds. However, if you can get them down on paper it is amazing how clear they will become and you can begin to work out some strategies to solve them or move forward. For example:

Step 1.



Step 2. Once these issues are in the 'clouds' you can start to sort them out. Choose which one you feel bothers you the most, just one!



Step 3. Now make a list of all the positives and negatives.

Positives - good things	Negatives- not so good things
it has great views.	it is too expensive.
It is close to the kids school	We have noisy neighbours
I can have the dog inside.	It is too far to the bus stop.

Clouds of Concern

Step 4. The next thing to do is to 'brainstorm' or think about all the ways that you could solve or change the situation. No matter how crazy, write it down.

Eg: I could get a job. I could move to another flat. I could take in a boarder. I could work from home to earn some money.

Step 5. Cross out those which are completely ridiculous and have no hope of working. Choose the 2-3 options that have possibility. Now make another list called "How could I do that?"

Eg-I could move to another flat. How could I do that?

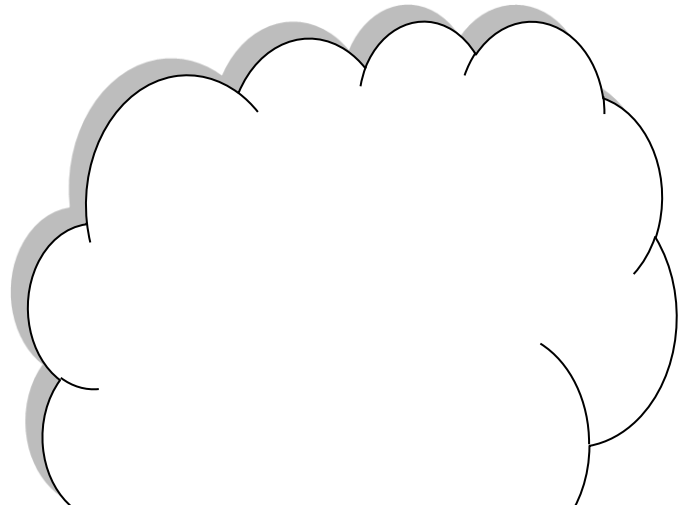
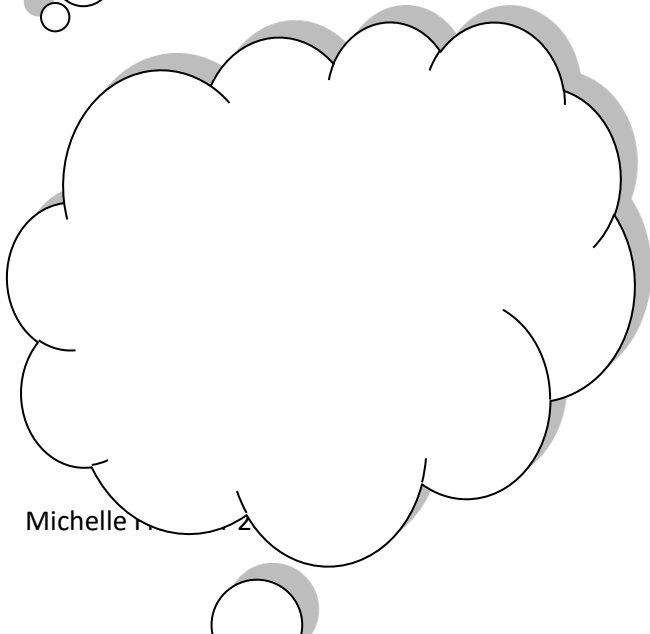
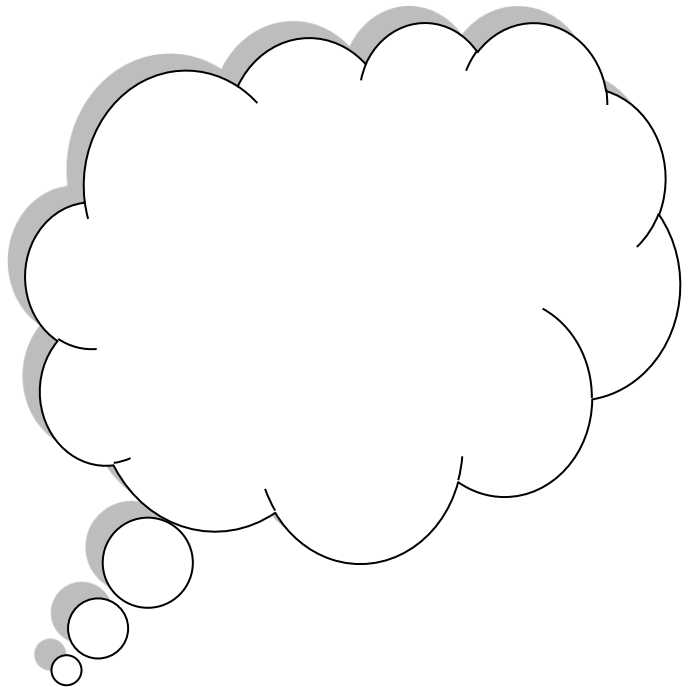
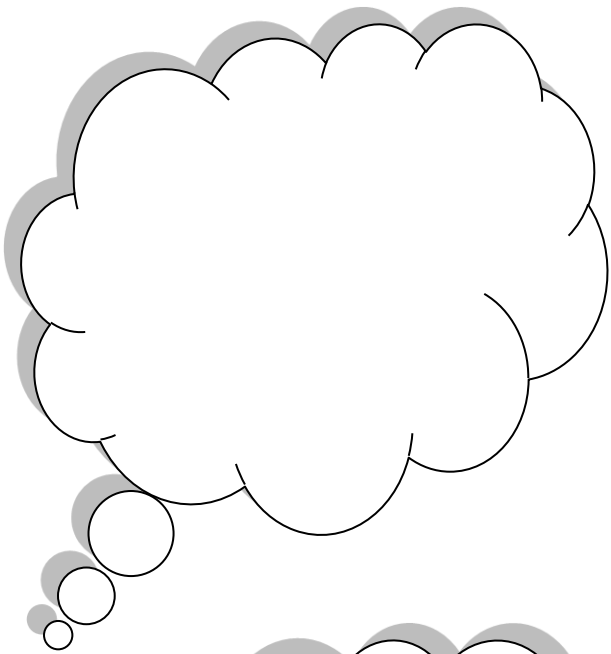
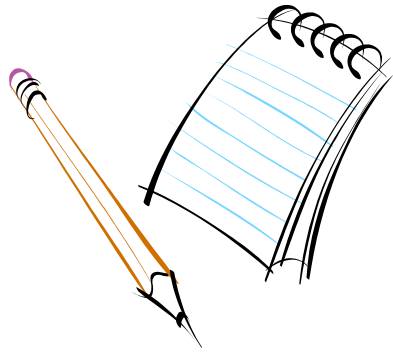
- 1. I could look in Saturdays' paper and circle any that look good.*
- 2. I could ring and make some appointments to go and have a look.*
- 3. I could ask someone to come with me. Etc, etc.*

Then Do It.

Tackle your worries one at a time. Ask someone to help you if you cannot think of any ideas. You will be amazed at how much clearer things become once they are written down and you can begin to work on them.

Good Luck!

Clouds of Concern



Clouds of Concern

Fill as many clouds as you need. It is better to have it on paper than in your head.

<i>Positives—things which are good.</i>	<i>Negatives— things which are not so good.</i>

What could I do?

Clouds of Concern

How could I do that?