

Session 5

Worksheet 5.1 Trying Something New

This week I am going to:

Some examples might include – speak to an old friend, sign up to a dance class, spring clean the back room, make a telephone call I have been putting off, enquire about something I am interested in doing, not apologise for not being able to go to an event I don't want to be at – just politely decline, walk to work a different way and take a real look at what's around me.

These things or people will help me achieve it (including planning for things that might get in the way):

Some examples might include planning time to do the task, not spending too much time dwelling on the task, asking someone I know to support me, finding out information about the thing I am going to do, drawing upon past experience, asking others for advice.