

38 Dealing with everyday worries and rewarding yourself



If you are working through *The Warrior Within*, these two exercises and further useful information to help you in your recovery can be found on page 140. These two exercises assume you have completed exercise sheet 1 **Starting an activity journal**.

Dealing with everyday worries

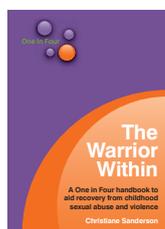
To contain everyday worries you can make a 'worry box'. Write your worries down on strips of paper and put them into your worry box. This allows you to clear your mind to continue whatever else you need to do without becoming overwhelmed. This also helps to contain the weight of your worries. When you feel more able to cope, take out one of the strips of paper and spend some time problem solving that worry.

It helps to limit the amount of time you spend on worrying to about ten minutes. If you come to a solution then discard the strip of paper, if not then return it to the worry box. If you feel the worries are piling up, you could commit to spending 20 minutes a day looking at some of the worries. Then begin to problem solve at least one of them.

Rewarding yourself

It is important to continue writing in your journal so that you can monitor your progress in achieving your goals. Remember also to record all your achievements and to reward yourself for your accomplishments. A good way to reward yourself is to make a 'reward box' in which you place small treats to celebrate your achievements.

These could include small chocolate treats, a scented candle, a new bath product, a new music CD, DVD, book or favourite magazine. It might also include handwritten vouchers made out to you to trade in such as treating yourself to an experience such as a massage, having a meal out with friends or going to the cinema or a special day out.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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One in Four
219 Bromley Rd, Catford SE6 2PG
Telephone 020 8697 2112
Email admin@oneinfour.org.uk
www.oneinfour.org.uk

Registered charity number 1081726