

## What now?

### PRACTICE, PRACTICE, PRACTICE!

This is just the start of your journey. You have learned some skills, and now you need to keep doing them, repeatedly.



CBT is not a magic-wand therapy, it takes hard work and commitment, but you will be rewarded!

After a while, you won't need to write things down most of the time as you'll find yourself doing all the steps in your head, you'll get better at it, and be able to do it quickly.



If you start learning to play a musical instrument, there's no point in just going along to your lessons each week - you **HAVE** to practise repeatedly every day, in order to progress and improve. You can be taught how to play, but you won't play any better without putting the practice in. For the serious musician who puts in the practice, eventually, they learn to play pieces of music competently. Some will go on to master

their instrument.

We too can become competent at making effective and healthy changes, that make a real difference to our lives and the lives of those around us.

You may find the [STOPP handout](#) helpful. Photocopy it, or print another copy from the website at [www.get.gg](http://www.get.gg), put it on your fridge, or next to your computer, in your car, or in your pocket.

[www.getselfhelp.co.uk/stopp.htm](http://www.getselfhelp.co.uk/stopp.htm)

Remind yourself often to PRACTISE! Practise at times you don't need to practise, so that when you really need those skills, they'll come easier to you. Just like that practising musician expects to play for several hours a day to become competent before showing off her skills at a big recital concert, or before the big exam.



### Maintaining Progress

- Consider the future - what future situations might be difficult for you? What can you do differently at those times?
- What have you learned that's been the most helpful?
- What hasn't helped?
- What has helped?
- What is worth continuing to practise?
- What can you do to help or remind you to practise?
- What support or help do you need?

**Remember: Don't believe everything you think!**



## PRACTICE, PRACTICE, PRACTICE!

**Remember and practise the helpful steps you have learned over and over, and even when you feel you can use them effectively, just carry on practising!**

After a while, maybe after a great deal of practice, you will more easily notice your thoughts and reactions, realise what you are reacting to, and the meaning you are giving to situations. You will naturally start to question things, and then see things differently, seeing the bigger picture. In questioning and seeing different perspectives, so you will feel very differently, and much more healthily, from the way you used to react.

You may not have used all the items listed here, so just use whatever you've done and/or find helpful.

**Use your "Maintaining Progress" (Relapse Prevention) worksheet** to remind yourself of what helps most, and what you need to keep practising.

<http://www.getselfhelp.co.uk/ccount/click.php?id=23>

**Use your 'New Me' (or 'Virtuous Flower') formulation** to guide what you need to keep doing

<http://www.getselfhelp.co.uk/ccount/click.php?id=143>

**Practise STOPP! as much and as often as you can – the more you practise, the easier it will be when you need it**

[www.getselfhelp.co.uk/stopp.htm](http://www.getselfhelp.co.uk/stopp.htm)

- ❖ **Stop!** Don't act immediately.
- ❖ **Take a breath**
- ❖ **Observe** – what's happening, what am I responding to?
- ❖ **Put in some Perspective** – pull back.  
What's the bigger picture? What would someone else make of this?  
Is there another way of looking at this? What would I say to a friend? Fact or opinion?
- ❖ **Practise what works!** – Play to your principles and values.  
What's the best thing to do, for me, for others, for this situation?



**Practise Mindful Breathing and be aware of where you are putting your focus of attention**

- ❖ **Mindfulness**

[www.getselfhelp.co.uk/mindfulness.htm](http://www.getselfhelp.co.uk/mindfulness.htm)

**Use the Self-Help resources on this website:**

- ❖ [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) ([www.get.gg](http://www.get.gg))

**Imagery Self-Help Techniques will help you build on the skills you have learned**

- ❖ **Imagery for Self-Help**

[www.getselfhelp.co.uk/imagery.htm](http://www.getselfhelp.co.uk/imagery.htm)

**Try not to act merely in the moment. Pull back from the situation. Take a wider view; compose yourself.**

*Epictetus (AD 55-135)*

