

HOMework

SOME

**Born-To-Win,
TA-Today**

**M. James & D. Jongeward
Ian Stewart & Vann Joines**

BOOK

**The-Dance-of-Anger,
The-Adult-Children-of-Alcoholics,**

Harriet Goldhor Lerner, Ph.D.

IDEAS

The-Road-Less-Traveled

Wayne Kritsberg

How-To-Make-Peace-With-Your-Parents

M. Scott Peck, M.D.

Harold Bloomfield, M.D.

1. For 5 min per hour review the last hour for how you felt mad / sad / glad / scared.
2. Keep a journal for a month as a list of feelings and thoughts in relation to issues for yourself - your job - your family (do it in the first person).
4. Write "unsent" letters to people, parents, spouse, boss, about your mad, sad, glad, scared.
5. Write a dialogue with another person about a problem-solving session.
6. Use "Post-em" notes to post positive attributions at home / car / office.
7. Stop drinking for a week. Stop smoking for a week.
8. Ask 3 to 9 friends about your strong and weak points - write it down without arguing - just think about it for a week.
9. Say hello to three strangers every day for a week.
10. Talk to you inner child when s/he was 4-8 years old. Write it down.
11. Think! Rejection is a choice other people make for their reasons, not your reasons.
12. Make a no-sex contract for a day / week / month.
13. Do what you are told about little things without complaint, or objection.
14. Tell others what to do without being or feeling guilty, arrogant, or scared.
15. Find three new pastimes with which to talk to new people.
16. Find and do 5 things at work that make the day go easier. Give compliments
17. Accept all compliments with a smile and a verbal "Thank-you, that's nice to hear."
18. Write a long list of your good points, things you are proud of and share that list with your friends, spouse, children.
19. If you are in group therapy ask other group members what their contract is.
Ask what do you want today?
20. If you are in group keep track of other peoples homework assignments and ask in the next group about what change has occurred.

DEAL WITH DIFFICULT THINGS WHEN THEY ARE EASY - AND SMALL !!!



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**