**EXERSICE 4**

**Difficult or Troubling Situation Worksheet**

**Pose the following questions to yourself about a difficult situation they’re facing:**

1. What is a difficult or troubling situation in your life?
2. How are you creating it or allowing it to happen?
3. What are you pretending not to know?
4. What is the payoff for keeping it like it is?
5. What is the cost for not changing it?
6. What would you rather be experiencing?
7. What actions will you take and what requests will you make to get it?
8. By when will you take that action?

9. On a scale of 1-10 (10 being highest probability), will you follow through on this action?