
Worksheet # 2

Healthy Actions I Am Taking to Deal with Change

It is important to take care of yourself, as the cost of overlooking yourself in the name of helping others can be quite a high price to pay. List some healthy actions that you are taking or that you could take in order to help you deal with all the change in your life and your individual reaction to it. Pay particular attention to the quadrant(s) in which you noted the most significant reactions.

