

Choice



Point

AWAY

from the life you want



AWAY MOVES

- What do you do when difficult feelings show up?
- What happens right before you feel stuck or make choices you regret?
- What does your mind tell you to do when things feel really hard?
- What are some things you do that help in the moment but hurt in the long run?

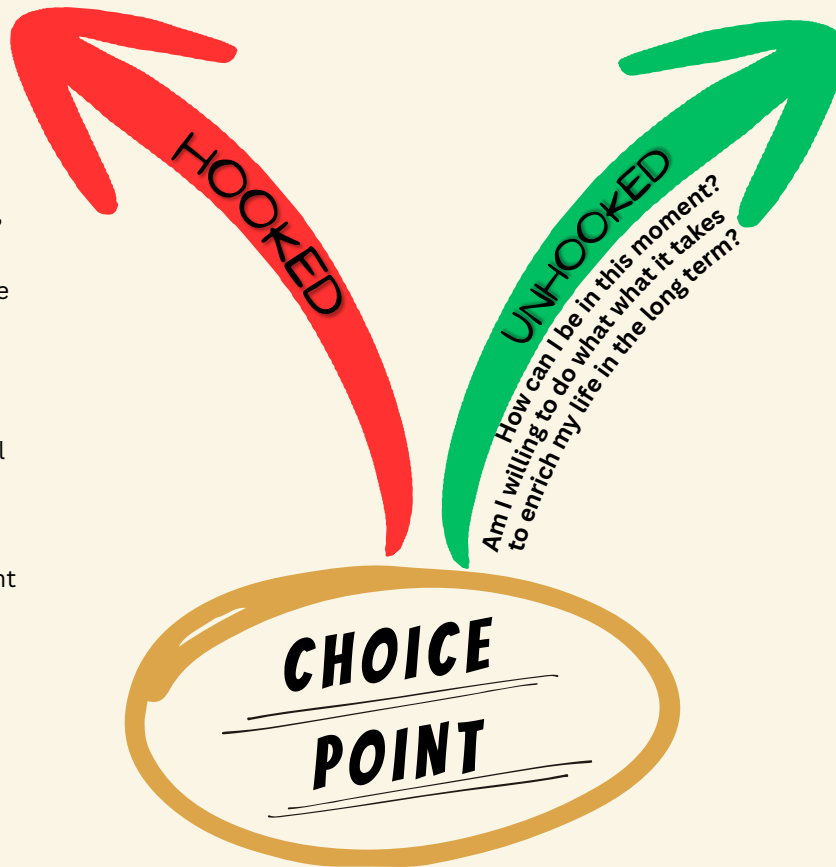
TOWARDS

what's important



VALUES & GOALS

- What matters to you?
- Who do you care about?
- Who do you want to be?
- How do you want to treat yourself & others?
- What do you want to do more of, less of, or differently?



What are the challenging *situations, thoughts, and feelings* in my life today?

What uncomfortable experiences do I have to *make room* for when I take actions that are in service of my values?

Situation(s):

Thoughts:

Feelings:



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