

## **Creating a New Life Worksheet**

To assess your efforts to build a new life, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Develop new sources of meaning (interests/ goals)			
Adjust goals to abilities			
Reframe life to focus on gains			
Practice gratitude			
Nurture self (pleasurable experiences)			
Find models of successful adjustment			
Promote family acceptance			

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