



Troubleshooting: When What You Are Doing Isn't Working

Do I have the skills I need? Check out the instructions.

Review what has already been tried.

1

- Do I know how to be skillful in getting what I want?
- Do I know how to say what I want to say?
- Do I follow the skill instructions to the letter?

Do I know what I really want in this interaction?

Ask:

2

- Am I undecided about what I really want in this interaction?
- Am I unsure of my priorities?
- Am I having trouble balancing:
 - Asking for too much versus too little?
 - Saying no to everything versus saying yes to everything?
- Is fear or shame getting in the way of knowing what I really want?

Are short-term goals getting in the way of long-term goals?

Ask:

3

- Is "NOW, NOW, NOW" winning out over getting what I really want in the future?
- Is emotion mind controlling what I say and do instead of WISE MIND?

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4

Are my emotions getting in the way of using my skills?

Ask:

- Do I get too upset to use my skills?
- Are my emotions so HIGH that I am over my skills breakdown point?

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Are worries, assumptions, and myths getting in my way?

Ask:

- Are THOUGHTS about bad consequences blocking my action?
“They won’t like me,” “She will think I am stupid.”
- Are THOUGHTS about not deserving things getting in my way?
“I am such a bad person I don’t deserve this.”
- Am I calling myself NAMES that stop me from doing anything?
“I won’t do it right,” “I’ll probably fall apart,” “I’m so stupid.”
- Do I believe MYTHS about interpersonal effectiveness?
“If I make a request, this will show that I am a weak person,”
“Only wimps have values.”

6

Is the environment more powerful than my skills?

Ask:

- Are the people who have what I want or need more powerful than I am?
- Are other people more in control of the situation than I am?
- Will others be threatened if I get what I want?
- Do others have reasons for not liking me if I get what I want?

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Other ideas: