

Your therapist will have asked you to complete this thought exercise three times each day:

Sit yourself in a quiet place, close your eyes, then call that frozen image of the old self to mind. Hold it there for a moment or two, noticing that it's absolutely frozen still and not moving, just as you did in your session, then imagine your new image pushing in front of it and somehow enveloping you so that you can feel it all the way out to your boundaries. If your boundary is just your body, that's fine, but if it sometimes seems to fill the room, that's fine too. Hold that in your mind for a count of 10, then do the same thing again, starting with the frozen image. It might be that you can only catch just the merest glimpse or feeling of the old image before the new one is there – and it's possible that the old image might disappear completely, and that's okay, too. In that case you would go from simply looking for the old image to the new one. Do the whole thing three or four times and finish each time with the new image all around you, and do that three times a day. The image fading afterwards is normal.

Enter the time and the score based on easiness with 1 difficult and 10 very easy.

	First			Second			Third	
	Time	Score		Time	Score		Time	Score
Day 1				15:02	2		22:37	2
Day 2	06:29	2		16:47	2		22:52	4
Day 3	05:22	3		14:09	3		23:06	4
Day 4	07:02	4		19:00	4		00:47	4
Day 5	07:12	5		15:26	6		22:33	6
Day 6	05:30	6		19:57	6		23:20	6
Day 7	05:23	7						

Overall assessment of how you feel about your 'ideal self'

Day 1	I feel really good about my new self
Day 2	I feel good about my new self it's who I want to be

Day 3	Same as Yesterday
Day 4	Same as Yesterday.
Day 5	Same as Yesterday.
Day 6	I is like the new me
Day 7	I Feel really Good about the new me!