

Exercise I.A

FROM HERE TO WHERE?

The great philosopher and Yankee catcher Yogi Berra said, "You have got to be very careful if you don't know where you are going, because you might not get there." Do you know where you want to go? This exercise may help you decide. Take as much time as you need to complete it.

1. Between now and your next session, make a list of the things you would like to change. Be specific. Cite particular events or experiences. Focus on what you do or experience in the situation, rather than how you want others to change.

2. When you are finished with counseling, what will be different? What could change to make you say to yourself, "Getting into counseling and doing the work I did there was one of the best things I've ever done"?

3. What will be (or has been) the first and smallest sign that change is beginning?

4. When you notice that first change, what can you do to keep the ball rolling?

Remember to bring completed work sheet to your next appointment