

One Small Approach

AWARENESS · CHOICE · ACTION · PROGRESS

Avoidance can bring short-term relief, but it can also keep situations feeling unfamiliar or overwhelming. Sometimes the most useful next step is not a giant leap, but one small approach.

1

WHAT HAVE I BEEN AVOIDING?

What situation, task, conversation or activity have I been putting off or moving away from?

2

WHAT MAKES IT HARD?

What gets in the way?

What am I worried might happen?

What feelings or sensations do I expect?

What thoughts or urges do I notice?

3

ONE SMALL APPROACH

What is the smallest, most realistic step I could take right now?

4

MAKE IT SPECIFIC

Turning a general idea into a clear plan can make it easier to follow through.

When will I do it?

Where will I do it?

With whom (or with what support)?

How long will it take?

What will count as "done"?

5

BEFORE / AFTER

What do I expect might be different after I take this step?

Before I approach

How distressed do I expect to feel? (0–100)



After I approach

How do I think I might feel? (0–100)



6

WHAT DID I LEARN?

What was easier or harder than expected? What might I try next time?

GENTLE REMINDER

Progress often begins with a small step.