



## REVIEW ACTIVITY

### Chapter 5

#### EXERCISE: What Is Blocking Me From Enjoying My Life?

##### PART 1: Identify your internal blocks

Do you ever feel like something within you is holding you back from really enjoying life? Often our blocks prevent us from feeling good about ourselves or positive about our relationships. Identify three or more of your internal blocks. Please do not list external issues such as other's problems that may affect you:

1. What is holding you back from enjoying your life more? (e.g., "Emotionally, I can't stand it when someone is disrespectful.")

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1. What is another thing that is holding you back from enjoying your life more? (e.g., "I know I eat too much but I can't help myself.")

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2. What is a third thing that is holding you back from enjoying your life more? (e.g., “I really want to spend more time with my partner but when I do, I often get annoyed.”)

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## PART 2: Identify your emotional triggers

Do you sometimes experience unwanted triggered emotions? We know that something is not working well when we feel overwhelmed by anger, sadness, anxiety, or fear. For example, if someone made a comment and we overreacted, then we have been emotionally triggered.

Think of the times when you have been overly *mad*, *sad*, or *anxious*. Determine if there has been any pattern to you being unduly upset, frustrated, angry, depressed, or fearful?

1. What triggers you to overreact? (e.g., “I get mad when I’m told what to do.”)

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2. What else triggers you to overreact emotionally?

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3. Are there any other triggers that cause you to overreact?

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### PART 3: Identify any harmful coping mechanisms that you use

Many of us use habitual behaviors to deal with stress. Look for obsessive thoughts or repetitive behaviors that we compulsively use to escape from our Negative Core Beliefs, even though we know they provide only temporary relief. List these coping mechanisms.

1. What do you do that is ineffective coping? (e.g., "I escape by watching too much TV.")

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2. What else do you do that is ineffective coping?

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3. Is there anything else that is ineffective coping?

Write down any thoughts you have about blocking your heart and mind—and removing the blocks.

[\[Link\] Download a PDF of the Chapter 5 Additional Activities, “Confronting Powerlessness.”](#)