



THE REALITY CHECK

No matter how bad things get, we would be wise to remember to not lose hope. We would be well served to be actively seeking improvement daily, no matter the situation around us. The focus of our responsibility should be on the choices we have to make, because choices are things in our lives that we truly control. Our actions come from inside ourselves, therefore we can choose it!

Here are some questions that you could ask yourself daily to make sure that you are on track and working toward the things you want or need.

1. What do I want?
2. Are my behaviors getting me what I need?
3. Are my choices getting me closer to the people I want to be closer to right now?
4. If I was the person I wished to be, what would I be doing right now?
5. Do I really want to change my life?
6. What would I change right now if I could?
7. What is it that I want that I am not getting from life?
8. What is stopping me from making the changes I would like?
9. What do I see for myself now and in the future?
10. Are the choices I make now helping or hurting me?
11. Is my behavior working for me right now?
12. Am I following the rules?
13. Are the things I want realistic and attainable?
14. After examining what I want, is it in my best interests, and the interests of those important to me?

Everyone is eligible! Once we get excited about change, anything is possible. We are not victims of our past unless we choose to be...Don't give up. Change is not possible without choice and action. It may be helpful to write down the answers to the above questions in a journal and reflect on them later, or talk it over with someone your trust.

Questions adapted from *Theory & Practice of Counseling and Psychotherapy 8th ed.* by Gerald Corey (2008).
The "Reality Check" brief therapy handout developed by Seth Geister 2010. The recipient of this form has permission to share it with as many people as possible.