

CHAPTER 7

Clarify Your Goals

Clarify your goal(s): Think about how you would know when you are no longer particularly sensitive to rejection. State it in positive terms, noting what you want to move toward.

Develop objectives for the goal(s): Objectives are the specific steps you take toward meeting your goal. Use the domains of STEAM to create specific objectives.

SENSATIONS:

THOUGHTS:

EMOTIONS:

ACTIONS:

MENTALIZING:

Identify what needs to happen for you to make progress: Doing this requires more mentalizing—that is, having a better understanding of yourself. Feeling stuck? Ask yourself, “What do I need to do next to make progress?”

Clarify Your Goals: Chad's Example

Clarify your goal(s): Think about how you would know when you are no longer particularly sensitive to rejection. State it in positive terms, noting what you want to move toward.

Feel positively enough about myself that I don't assume Linda will leave me; I can tolerate Linda being upset with me; and I believe that I would survive my relationship with Linda ending (even if I'd be miserable for a while).

Develop objectives for the goal(s): Objectives are the specific steps you take toward meeting your goal. Use the domains of STEAM to create specific objectives.

SENSATIONS: Feel physically less tense or relaxed when talking with Linda and things objectively seem to be okay

THOUGHTS: Think more positively about myself in general; think positively about myself when I express a different opinion from Linda and other people

EMOTIONS: Feel happier and at peace with myself in general; tolerate my fears of rejection enough to be able to get past them (rather than being totally sucked into them)

ACTIONS: Tell Linda what I think when I disagree with her; do the same thing with other people

MENTALIZING: Recognize what's going on for Linda rather than always assuming she's looking for a way to ditch me

Identify what needs to happen for you to make progress: Doing this requires more mentalizing—that is, having a better understanding of yourself. Feeling stuck? Ask yourself, “What do I need to do next to make progress?”

I need to see I was unnecessarily hard on myself and that I'm always expecting others to reject me even when there is no reason to think that, then maybe I can start to let go of my fears of rejection