

# ACTION SHEET #1

What is your "it"...your situation?

---

---

---

---

---

What do I want to change?

---

---

---

---

---

What keeps me in this situation?

- What I think:

---

---

---

---

---

- What I say:

---

---

---

---

---

- **What I do (or do not do):**

---

---

---

---

**Obstacles to making the change:**

---

---

---

---

---

**Other thoughts:**

---

---

---

---

---

# ACTION SHEET #1

## (Example)

### What is your “it” - your situation?

After 25 years of marriage, I have found myself very alone when my husband suddenly died. My daughter is out of the house, and my son, although he lives here, has his own busy life and is rarely home. I deeply miss how the four of us were always together doing family things. I am 48 years old and I have never lived alone, having moved from my parents’ house to being married. The house feels very empty. My life feels very empty, lonely. It is scary to be fully responsible for myself. I have no one there to run things by; I have to rely solely on my own judgment for everything, for the first time in my life. Very scary! I feel overwhelmed by the house. It is a lot to maintain on my own. My friends are wonderful, but they have busy, full lives, and my time with them is small. I feel that I have let myself go physically. I am significantly overweight, and now that my children are 19 and 21, I really cannot use baby weight as an excuse (sigh). Although I work outside the home, my main chosen job for all these years has been to care for my family - my husband and my children. With that gone, who am I? Do I still have value?

### What do I want to change?

I want to create a life that is based on my dreams and goals. I want to learn what those are, and then go after them. I want to be happy being by myself, independent, AND I also want a partner to share my life – the ups and the downs. I want someone to make me laugh, who shares my values and interests. Someone I am attracted to both physically and emotionally. I want to be with someone because I love them and *want* to be with them because we add to each other’s lives, NOT because I NEED someone or because I am trying to fill some hole in myself. I want to feel comfortable in my own skin.

### What keeps me in this situation?

- **What I think:**

Maybe this is the way my life is supposed to be. Do I really deserve more than this? I should be thankful for the love and support I have from my family. You are lucky that it is not worse. Maybe it is selfish to focus on “just me”. Even though the house is a lot to manage, it was “ours” and is the children’s family home. What would they think if I sold it? Am I dishonoring my husband by moving on and letting go? I’m too old to change. If I were to think about dating, who would want me? I’m boring. I’m fat. Dating is done so differently from when I was dating 30 years ago! I’m not good enough. I am not strong enough to do this.

- **What I say:**

To others - I’m doing fine. I don’t need anything, thank you.

- **What I do (or do not do):**

Primarily, I keep the status quo, doing what I've always done – work, home – even though with my partner gone, everything has changed. I give into the fear and negative talk and do nothing.

**Obstacles to making the change:**

- Fear of what others may say/think – How could you sell the house? How could you think of dating someone...what about Dad?
- Fear of doing something new/taking risks – Making any changes at this point would be WAY outside my comfort zone.
- Guilt – for wanting to move forward/feeling disloyal, of wanting more
- Fear of not being good enough – too old, too fat, too boring...

## ACTION SHEET #2

**What will I have to give up in order to move forward?**

---

---

---

---

**How is not moving forward benefiting me?**

---

---

---

---

**How did I contribute to the situation being the way it is?**

---

---

---

---

**What is my biggest fear (fears) about moving forward?**

---

---

---

---



## ACTION SHEET #2 (Example)

### What will I have to give up in order to move forward?

My identity of “wife” and “married”- of being part of a couple. How I identify my worth - I felt my worth came from being the family caregiver and glue. *Being a victim.*

### How is not moving forward benefiting me?

I don't have to “put myself out there” and risk rejection or criticism. I don't have to do the work of identifying/nurturing other aspects of my identity, of who I might be. I don't have to take responsibility/ownership of what happens in my life from this point forward.

### How did I contribute to the situation being the way it is?

I didn't do enough to establish my own individual identity outside of wife/mother.

### What is my biggest fear (fears) about moving forward?

That I can't make it on my own. That I can't create a new, successful life. That others may disapprove of my new choices.

\*Your answers may look completely different from mine. The example sheet is just to help get you started.

**ACTION SHEET #3**  
**(Takeaways from my “it”)**

**Free text. Write anything about lessons you have learned and insights you have gained about yourself:**

---

---

---

---

---

**Skills/resources/attitudes I have that will help move me forward:**

---

---

---

---

---

**ACTION SHEET #3**  
**Takeaways from my “it”**  
**(Example)**

**Free text. Write anything about lessons you have learned, insights you have gained about yourself:**

Although I may have put some aspects of my personal growth on the back burner, I had the privilege of staying home with my children while they were young, which created a strong bond between us, and we continue to be close. I have great pride in being a part of them becoming the people they are today. The strong family closeness we have today because of my earlier focus is a huge source of strength for me now as I transition into a new life. I gained skills in areas I may not have in school or the workplace...patience and unconditional love come quickly to mind!

**Skills/resources/attitudes I have that will help move me forward:**

Patience (bears repeating. All parents will understand this!)

Commitment through the ups and downs of life.

Mediation and conflict resolution skills.

I am friendly and have a caring attitude.

I like to help people.

I am a survivor.

I love to read and gain knowledge.

I am intelligent.



# ACTION SHEET #4

## Challenges into Opportunities

Challenge: \_\_\_\_\_

Opportunity: \_\_\_\_\_

Challenge: \_\_\_\_\_

Opportunity: \_\_\_\_\_

Challenge: \_\_\_\_\_

Opportunity: \_\_\_\_\_

Challenge: \_\_\_\_\_

Opportunity: \_\_\_\_\_

Challenge: \_\_\_\_\_

Opportunity: \_\_\_\_\_

**ACTION SHEET #4**  
**Challenges into Opportunities**  
**(Example)**

Challenge: No longer have spouse to depend on

Opportunity: To practice doing things independently

Opportunity: To practice making my own decisions

Challenge: Fear of being alone

Opportunity: To practice spending time alone

Opportunity: To meet people I would never have met before

Challenge: No longer responsible for husband/children

Opportunity: Have time to explore new interests/skills

Challenge: Unsure of my identity

Opportunity: To explore my personal style (without the input of others)