

# Finding Hope

Created by Mark Carlson, Ph.D.

## First Steps Toward Change

Provide an example that you want to maintain or reinforce in each of the following categories:

Thoughts

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Feelings

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Behaviors

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Attitudes

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Expectations

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Beliefs

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Anticipated outcomes

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**Provide an example that you want to take the first step toward changing in each of the following categories. Include your first step.**

Thoughts

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Feelings

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Behaviors

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Attitudes

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Expectations

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Beliefs

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Anticipated outcomes

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