

Compromising with Yourself

Are you conflicted about a particular task that has to be done or a decision that has to be made? Do you go back and forth from one extreme to the other and get frustrated to the point where you don't do anything? This worksheet is designed to help you find the middle ground between two extremes. When you find a compromise, it will be easier to work out a detailed plan of action.

Date	One Extreme	The Other Extreme	Describe the Compromise in Detail
Example	I'm so tired. I want to take the whole day off.	I have so much work to do. I should work at least 10 hours today.	I can prioritize my tasks, and work half the day. Then I'll take a few hours to relax and de-stress.