

Bite size therapy.

BITE SIZE THERAPY

By Chrissie Henson

Founder of counselling with
Chrissie

Welcome to bite size therapy (BST).

Throughout my years as a therapist my clients have benefited from having “tools” they can use both during therapy and after their therapy has ended, some can be adapted to help you in various situations.

Working through the course(s) you will be empowered to change things in your life that no longer work for or make you unhappy.

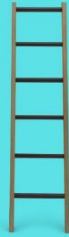
BST is not a substitute for face to face or online therapy with a qualified professional. Its aim is to give you small techniques that you can use in your everyday life, either alone or alongside therapy. You can work alone or can contact me, and we can work together. *

Please feel free to contact me at chrissiehenson@hotmail.com if you would like any advice on which course will give you the best outcome for your situation.

*Fees apply if you require sessions to help you through the course.

Ladder of change

Make the changes you
have always wanted



Ladder
of
change
course

Solutions for everyday challenges

Welcome to your bite size therapy course. Please allow at least one hour to complete the task below, and ensure you continue to use the technique afterwards to gain maximum benefit.

What is the ladder of change?

We all have areas in our lives that we struggle with and sometimes can't see how to change them to improve our happiness. The ladder of change can help you with this process.

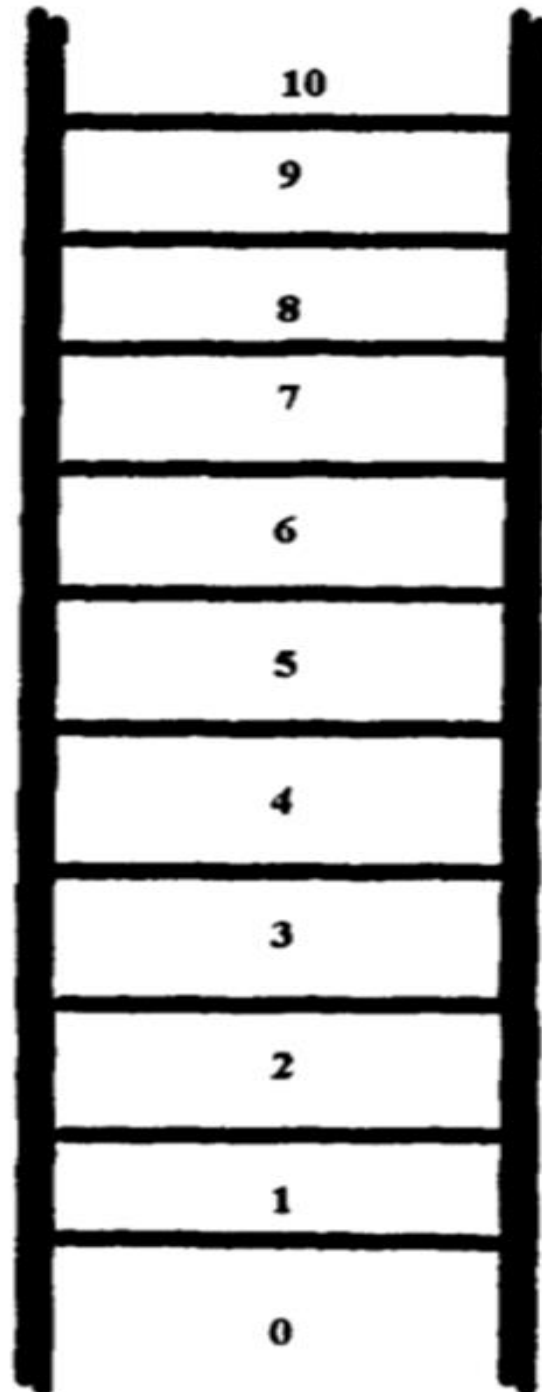
The ladder of change aims to look at working on changing something in your life, it helps to identify what steps you can take to move to your desired goals.

You can work on each step in turn until you feel comfortable and confident you have achieved your desired outcome, and can also repeat steps when things are going so well.

You can either complete the task on your device (laptop or phone) or on a piece of paper, whichever you feel is best for gaining access to your ladder afterwards to check what you need to do at each stage. The instructions below are for those using paper, but feel free to adapt it for your device.

Instructions:

- 1) Take a piece of A4 paper and draw a ladder down the middle leaving space between the lines to write in. Choose between 8/10 steps.



2) Decide what you are wanting to change / work on. For this example, I am going to use low confidence.

3) At the bottom of the ladder write low confidence.

4) At the top of the ladder right high confidence.

5) You can choose to put medium confidence in the middle step.

6) The next stage is to work out how to get from the bottom to the top. By asking the following questions you should be able to fill in the other steps.

- a) Why do I have this problem.
- b) What am I missing or avoiding.
- c) Have I accepted the problem.
- d) How do I change it.
- e) How do I know the "change" will work.

7) Now you have selected your goal, you need to work out how to get from the bottom to the top. Where do I go from here? I hear you ask. Make an appointment with yourself to take the first step, by setting a date, time and place you are making a commitment to yourself to begin the process of change.

8) When changes are made, is that enough? do I want more? what do I need to do?

9) Take one step at a time, climbing a ladder isn't one giant leap. You begin with the least difficult step and work your way up. With each step your anxiety may get higher, but you also get used to the anxiety at each step. Your aim is to complete that step alone, before moving to the level.

Do each step frequently and repeatedly and try to do them in close succession. To make sure you are comfortable with each situation before you move onto the next step.

You can use the space at the side of the ladder to make notes.

Well done you are now ready to start putting your ladder into practice and start making the changes in your life. Making your ladder is the easy part the next step is to practice each step, acknowledge what is working and what you find difficult. Are you slipping back into old behaviours?

Reward yourself when you make little steps forward and be honest, but kind, with yourself when you aren't.

If you feel you are still struggling to make the changes you want, and feel you may benefit from a therapy session with me please contact me at chrissiehenson@hotmail.com

Sarah's testimonial

"After completing the ladder of change, I felt like I'd made progress towards a better understanding of myself. Physically having the task laid

out in front of my really helped me see the scope of what I was exploring. It really gave me the sense that the session was all about me.”

NB. This course is not a substitute for therapy with a professional.