

BREAKING THE VICIOUS CIRCLE

TALK to someone you trust.

WRITE a letter detailing your worries. Send it to an organisation that can give you facts.

I wrote to aids action and they were fantastic. Organisations are only too keen to help you.

Even if you don't send the letter anywhere, write it, it helps.

PRACTICE going into difficult situations. Do this one step at a time.

TAKE it very slowly. Have contingency plans set up, so that you can leave at any time.

MANAGE your time effectively. Buy a diary and plan each day, giving yourself small lists of things to do. Don't punish yourself if you can't manage all the tasks you set. Be realistic.

REWARD yourself for what you have achieved, however small you feel the achievement is.

Just writing the diary is an achievement. Don't forget to include happy things you enjoy, things you would like to do.

BE aware of how you are feeling. Don't tackle anything new when you are stressed.

VISIT the doctor; discuss the possibility of medication. It can sometimes help. If the doctor isn't understanding, and it IS your right to have an understanding doctor, move to another one. There are lots of understanding doctors.

KNOW your rights.

You have the right to be yourself.

You have the right to be understood.

You have the right to leave things undone, who says they need to be done anyway?

You have the right to do nothing, and enjoy silence.

You have the right to say no.

You have the right to ask for help.

You have the right to be kind to yourself.

BELIEVE AND TRUST in others. There will always be people who let you down, but there will always be people who will not.

USE the three-column technique.

Be kind to yourself.

Don't expect too much of yourself.

ACCEPT that things may sometimes go wrong.

ACCEPT that bad things happen to everyone.

KNOW that the cost of living with fear is that you will miss out on the good things.