

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Learning emotional willingness from physical willingness

Think back to the last time you went running, lifted weights or did another kind of exercise:

Did you feel any discomfort, fatigue, strain or even pain?

Yes / No

If so, why were you willing to be uncomfortable?

Why are you willing to continue to be uncomfortable as you exercise?

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Now, what do you tend to do when you feel emotionally upset, down, anxious or in pain?