



The Struggle Switch



Difficult thoughts and feelings are part of being human. Sometimes, the struggle to get rid of them adds a second layer of distress. This worksheet can help you notice that struggle and experiment with a different response.

STRUGGLE SWITCH ON

Difficult feeling + fighting the feeling

STRUGGLE SWITCH OFF

Difficult feeling + making room for it

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1. WHAT AM I FEELING OR NOTICING?

What thoughts, emotions or body sensations are here right now?

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2. HOW AM I STRUGGLING WITH IT?

Am I pushing it away, judging it, avoiding it, or trying hard to control it?

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3. WHAT DOES THE STRUGGLE ADD?

What happens when I fight the feeling? Does it add tension, self-criticism, avoidance or exhaustion?

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4. WHAT MIGHT SWITCHING OFF THE STRUGGLE LOOK LIKE?

Can I allow this experience to be here for now, without needing to like it or get rid of it?

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5. WHAT MATTERS TO ME RIGHT NOW?

What value, person, activity or direction matters in this moment?

6

6. WHAT SMALL ACTION CAN I TAKE?

What is one manageable step I can take while making room for discomfort?

Acceptance does not mean liking, agreeing with, or giving up.

It means reducing the fight with what is already present, so you have more choice about what you do next.



Using this with your psychologist:



Bring this worksheet to your next session if you would like to explore struggle patterns, acceptance and values-based responses.