

# TAMING OLIVIA



# THE POWER OF YET.

[www.tamingolivia.com](http://www.tamingolivia.com)



# The Power of Yet

---

The word **yet** helped me massively in my recovery. It's a tiny word, that holds a ton of power! If, like me, you have a critical inner-voice, the word **yet** can be a small adjustment to a sentence that can help turn things around.

If you take a look at this phrase – “I can't go by myself”. It's final, it's not up for debate and it's likely to leave you feeling like you have failed, even though you haven't.

If you add a yet – “I can't do it, yet”. A world of opportunity suddenly opens up. You are giving yourself space and compassion and room to grow.

Have a think about some of the things you find challenging and some matching **yet** sentences then jot them below. Some possible sentence starters are: I can't do this, I don't understand, this doesn't work, I'm no good at...

**REMEMBER TO TRY TO BE HONEST WITH YOURSELF -**

**THAT'S WHEN THE REAL GROWTH HAPPENS!**

Self-doubting thought	Adding the yet
<i>Eg, I can't go by myself.</i>	<i>I can't go by myself, yet!</i>





# Making Yet a reality

We can take this exercise one step further and think about how to turn the yet into reality. How do we go from not being able to do something to being able to do it? This is where breaking things down into small, concise steps comes into play!

Let's have a think about what's getting in the way of us achieving something and how we can address it. I used to really struggle with travelling alone to new places, so let's use that as an example.

**TRY ADDING SOME OF YOUR OWN SELF-DOUBTING THOUGHTS FROM THE PREVIOUS EXERCISE AND THEN BREAKING THEM DOWN INTO SMALLER STEPS TO HELP YOU TURN THAT YET INTO A REALITY.**

Self-doubting thought	What's getting in the way?	Adding the word yet	Steps to get there
<p><i>I'm can't go by myself!</i> (Part1)</p>	<p><i>I'm worried I'll have a panic attack</i></p>	<p><i>I haven't learned how to deal with my panic attacks yet</i></p>	<p><i>1. Read through strategies for dealing with panic attacks online or in therapy books/notes.</i></p> <p><i>2. Book a therapy appointment.</i></p>
<p><i>I'm can't go by myself!</i> (Part2)</p>	<p><i>I don't know how to use the ticket machine</i></p>	<p><i>I don't know how to use the ticket machine yet</i></p>	<p><i>Talk to the station staff, look it up online, ask a friend</i></p>



# Making Yet a reality

---

Self-doubting thought	What's getting in the way?	Adding the word yet	Steps to get there

***NICELY DONE!***



# The Power of Yet

---

## **AND REMEMBER:**

- ✓ This exercise is totally flexible, you can break down your steps even further to help make them more manageable.
- ✓ Our brains might throw some negative thoughts our way during this exercise, it's a wonderful chance to practice challenging them.
- ✓ The great thing about this exercise is you can come back to it again and again and again and again... you get the picture!

**The Power of YET**

