



Crushing Compromise

1. Think about the last time you compromised or gave in. Describe the situation below. Or, if you find yourself compromising often, describe a common scenario that will often end with you giving in:

2. What are some specific areas that you may be compromising? How exactly are you letting things go or taking unnecessary risks? Complete each below:

List below some of the excuses you find yourself making when you compromise – (try to provide direct quotes “I’ll try harder tomorrow”, “I’ll just do a little...” “I deserve this”, etc.)

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Are there specific situations when you may be more prone to compromise? Consider the following:

Your Feelings – Are you more likely to give up or give in when you are angry, sad, excited, etc? What feelings place you at risk for compromise?

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Timing – Are there certain times of the day or of the week that you are more prone to compromise? (Weekends for example)

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Associations – Are there certain people that place you at risk for compromise especially when you are around them? (For example, when Aunt Betty comes over, I can’t help but have a drink with her)



Preceding Event – What are you most likely to be doing just before you compromise? What usually happens directly before I give in (For example, “I am more likely to compromise and give in and go get high when I come home from a hard day’s work and the house is a huge disorganized mess”?)

3. Dig Deeper - What are some factors contributing to your compromising that you may need to work on? Some areas to consider:

Motivation level – When it comes down to it, is your compromising just a matter of you not wanting this bad enough?

Fear – This is a tough question, but are there fears that may be holding you back? Fear of success? Fear of the unknown? Etc.

Procrastination - To what degree does procrastination play in your compromising? Are you using tomorrow as an excuse for what can and should be done today?

Coexisting issues – Are there coexisting issues that you may be neglecting that you could begin working on or get additional help with that would help you to avoid compromise? (A good example would be if someone was compromising when they felt depressed due to an untreated coexisting depressive issue)

Deflecting - This is another tough question. Are you compromising because you are not being honest with yourself? What are some ways that you may be making excuses or using faulty reasoning that are contributing to compromising? (For example, are you telling yourself you deserve one more time to give in, or are you constantly making deals with yourself to do better if you give in just this once)



Cravings – Are your issues with compromising primarily focused around difficult giving in to strong urges or cravings?

Associations – Is the main reason that you are compromising simply a matter of associating with or around others who you know deep down are not good for you right now?

Discouragement – What role does feelings of discouragement play in your giving in to temptation and compromising?

4. Review your answers above from both sections 2 and 3. Circle the two or three areas above that stand out as the most critical areas for you when it comes to compromising. List them below:

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5. Be Creative – After completing this exercise, what ideas can you come up yourself with regard to changing things up in your situation that could help you finally crush compromise and move forward and upward for good? (Use your helpers or if doing this activity in a group setting, gather feedback from your peers) Write your ideas below:

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