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Stoicism Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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2 · Focusing on What You Can Control

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Identifying What's in Your Control, and What's Not

This worksheet is designed to help you distinguish between aspects of events that are within your control and those that are not. By focusing on what you can control, you can reduce stress and feel more empowered.

1. Event Description: Write down an event that caused you distress.

Example: "I had a disagreement with my colleague during a team meeting about the project timeline."

2. Identify Control: Separate the aspects of the event into two categories:

- **Complete Control:** Intentional actions, desires, and thoughts.
- **Incomplete Control:** External outcomes, other people's actions, automatic thoughts.

Complete Control	Incomplete Control
<i>e.g., My tone of voice, how I expressed my opinion, my preparation for the meeting.</i>	<i>My colleague's reaction, the final decision of the team, my initial emotional reaction.</i>

3. Reflection:

- Reflect on how focusing on what you can control changes your perception of the event.

Example: "Focusing on my actions and preparation helps me see that I did my best, even if the outcome wasn't as I desired. It also helps me realize that I can't change others' reactions but can improve my communication skills."

- What actions can you take in the future to focus more on what you can control?

Example: "Prepare thoroughly for meetings, practice calm and respectful communication, and let go of the need to control others' responses."

Focusing on What You Can Control

This worksheet is designed to help you focus on the aspects of daily activities that are within your control. By concentrating on what you can control, you can improve your productivity, reduce stress, and enhance your overall well-being.

1. Daily Activity: List a daily activity or situation that you encounter.

Example: "Responding to work emails."

2. Control Assessment: List the aspects of this activity that are within your control:

Example: "The clarity of my responses, the promptness of my replies, my attitude while responding."

3. Action Plan: Create an action plan to focus on the controllable aspects:

Example: "1. Set aside specific times to check and respond to emails. 2. Ensure responses are clear and concise. 3. Maintain a positive and professional tone in all communications."

4. Review: At the end of the day, review your experience focusing on control.

Example: "I felt more organized and less stressed by sticking to scheduled email times."

Adopting an Impartial View

This worksheet is designed to help you adopt an impartial view when reflecting on challenging events. By considering an outside perspective, you can gain a more balanced understanding of the situation and manage your emotional response more effectively.

1. Event Description: Describe a recent challenging event.

Example: "I had a disagreement with my manager about the deadline for a project."

2. Outside Perspective: How would an impartial observer view the situation?

Example: "An impartial observer might see that both sides were stressed and had valid points. The manager wanted to ensure the project was completed on time, while I was concerned about the quality of work."

3. Comparison: Compare your initial perception with the outside perspective.

Example: "Initially, I felt that my manager was being unreasonable and not understanding my concerns. The outside perspective shows that there was a need to balance both the deadline and the quality of work."

4. Reflection: Reflect on how this outside view influences your emotional response.

Example: "Seeing the situation from an impartial perspective helps me understand that it wasn't just about my feelings. It was about finding a solution that met both the deadline and quality requirements. This reduces my frustration and helps me approach the situation more calmly."

Perspective-Taking

This worksheet is designed to help you practice perspective-taking during conflicts or disagreements. By understanding the other person's perspective and reflecting on their thoughts and feelings, you can develop a more empathetic approach to resolving conflicts.

1. Conflict Description: Describe a recent conflict or disagreement.

Example: "I had a disagreement with my coworker about the distribution of tasks in our project."

2. Other's Perspective: How might the other person view the conflict?

Example: "My coworker might feel that I am not considering their workload and that I am trying to offload more work onto them."

3. Empathy Exercise: Reflect on their thoughts and feelings.

Example: "My coworker might feel overwhelmed and stressed with their current tasks, and they might feel unappreciated if they think I'm not acknowledging their efforts."

4. Resolution Plan: Develop a plan to address the conflict considering both perspectives.

Example: "I will approach my coworker and acknowledge their concerns about the workload. I will suggest we review the tasks together to find a fair distribution and see if there are any tasks we can delegate or postpone."

Stoic Sympathy

This worksheet is designed to help you practice Stoic sympathy by identifying opportunities to offer support and compassion secretly, developing a plan to practice this sympathy without drawing attention, implementing this plan in your interactions, and reflecting on its impact on your relationships and emotions.

1. Identify Opportunities: List opportunities to practice sympathy secretly.

Example: "Helping a colleague with a difficult task, offering a kind word to someone having a tough day, leaving an anonymous note of encouragement, donating to a cause without mentioning it."

2. Sympathy Plan: Develop a plan to practice Stoic sympathy without drawing attention. Record your experiences and any observations.

Opportunity	Sympathy Plan	Observations
<i>e.g., Helping a colleague with a difficult task</i>	<i>Offer to assist with the task during a break without mentioning it to others. Help them complete the work efficiently and quietly.</i>	<i>The colleague seemed relieved and grateful. I felt satisfied knowing I helped without seeking recognition.</i>

Opportunity	Sympathy Plan	Observations

Establishing Social Guidelines

This worksheet is designed to help you establish social guidelines based on your core values and principles. By reflecting on your values, developing a set of social rules, implementing these rules in your daily interactions, and reflecting on their impact, you can enhance your behavior and relationships.

1. Identify Values: Reflect on your core values and principles. Consider what is most important to you in your interactions with others.

Example: "Respect, honesty, empathy, integrity, kindness."

2. Social Rules: Develop a set of social rules based on these values.

Value	Rule
<i>e.g., Respect</i>	<i>Listen actively and do not interrupt others.</i>

3. Daily Practice: Implement these rules in your daily interactions. Record your experiences and any observations about your behavior and relationships.

Interaction	Social Rules Used	Observations
<i>e.g., Conversation with a colleague</i>	<i>Listened actively, spoke truthfully, showed empathy</i>	<i>The colleague appreciated being heard and the conversation was more meaningful and constructive. I felt more connected and satisfied with the interaction.</i>

Expanding Compassion

This worksheet is designed to help you expand your compassion by reflecting on the people and beings you currently care about, developing a plan to extend your care to a broader circle, practicing this expanded care in your daily interactions, and reflecting on its impact on your sense of connection and empathy.

1. Identify Care Circle: Reflect on the people and beings you currently care about.

Example: "Family members, close friends, colleagues, my pet dog."

2. Expansion Plan: Develop a plan to expand your circle of care. Think about ways to extend your compassion to others, including strangers, communities, and the environment. Record your experiences and any observations about your sense of connection and empathy.

Expanded Care Circle	Actions Taken	Observations
<i>e.g., Neighbor</i>	<i>Introduced myself and offered to help with carrying groceries</i>	<i>The neighbor seemed pleasantly surprised and grateful. I felt a greater sense of community and satisfaction from helping someone.</i>

Expanded Care Circle	Actions Taken	Observations

3. Reflection: Reflect on how this practice influences your sense of connection and empathy. Consider changes in your interactions, emotional state, and overall sense of well-being.

Example: "I feel more empathetic and aware of the needs of those around me. This practice has enhanced my emotional well-being and made me feel more integrated into my community."

Examining Underlying Judgments

This worksheet is designed to help you reflect on the judgments underlying your impressions and impulses, develop a plan to examine and question these judgments, practice this examination in your daily life, and reflect on its impact on your decision-making and emotional state.

1. Identify Judgments: Reflect on judgments underlying your impressions and impulses. Consider both positive and negative judgments you make about situations, people, and yourself.

Example: "Judgment that I am not good enough when I make a mistake, judgment that others are not trustworthy, judgment that success means being perfect."

2. Examination Plan: Develop a plan to examine and question these judgments, such as:

- Validity: Is this judgment based on facts or assumptions?
- Origin: Where does this judgment come from? (e.g., past experiences, societal expectations)
- Impact: How does this judgment affect my behavior and emotional state?
- Alternative Perspective: What is a more balanced and constructive perspective?

3. Daily Practice: Practice this examination in your daily life. Record your experiences and any observations about your decision-making and emotional state.

Judgment	Examination Plan Used	Observations
<i>e.g., I am not good enough when I make a mistake</i>	<i>-Validity: Recognized that this judgment is based on assumptions rather than facts.</i> <i>- Alternative Perspective: Adopted the perspective that making mistakes is a part of learning and growth.</i>	<i>Felt more compassionate towards myself and more motivated to improve.</i>

Judgment	Examination Plan Used	Observations

Studying Impressions

This worksheet is designed to help you study your initial impressions and judgments scientifically. By identifying these impressions, developing a plan to study them, implementing this plan in your daily life, and reflecting on its impact, you can improve your decision-making and emotional state.

1. Identify Impressions: Reflect on initial impressions and judgments. Consider situations where you quickly formed an opinion or feeling.

Example: "I felt annoyed when a colleague interrupted me. I judged someone as unfriendly because they didn't smile. I assumed a project would fail because it seemed too ambitious."

2. Scientific Study: Develop a plan to study these impressions scientifically (e.g., evidence, logic). Example:

- *Evidence: What evidence supports my feeling of annoyance? Was the interruption intentional or necessary?*
- *Logic: Is it logical to feel annoyed in this situation? Could there be other explanations for the interruption?*
- *Alternative Perspective: How would I feel if I were in the colleague's position?*
- *Reevaluation: What is a more balanced perspective on this situation?*

3. Daily Practice: Implement this plan in your daily life. Record your experiences and any observations about how studying these impressions influences your decision-making and emotional state.

Impression	Study Plan Used	Observations
<i>e.g., "I felt annoyed when a colleague interrupted me."</i>	<i>Evaluated evidence of the interruption, considered logical explanations, put myself in the colleague's position, and re-evaluated the situation.</i>	<i>Realized the interruption was not intentional, felt less annoyed, and responded more calmly.</i>

Speaking Factually About Others

This worksheet is designed to help you speak factually about others by reflecting on instances of gossip or speculation, developing a plan to speak only facts, practicing this in your interactions, and reflecting on its impact.

1. Identify Gossip: Reflect on instances where you've gossiped or speculated about others. Describe the situation and your statements.

Example: "Talked about a colleague's personal life without knowing all the details. Speculated about a friend's financial situation based on their spending habits."

2. Factual Plan: Develop a plan to speak only the facts about others.

Example: Talking about a colleague's personal life

Factual Plan:

- *Verification: Before speaking, verify the information from a reliable source.*
- *Relevance: Ask yourself if the information is relevant and necessary to share.*
- *Neutrality: Present the information in a neutral, unbiased manner.*
- *Consent: Ensure that the person involved is comfortable with you sharing this information.*

3. Daily Practice: Practice this factual speaking in your interactions. Record your experiences and any observations about how speaking factually influences your relationships and communication.

Situation	Factual Plan Used	Observations
<i>e.g., Conversation about a colleague's recent absence</i>	<i>Verified information before speaking, focused on known facts, avoided speculation.</i>	<i>The conversation was more respectful and constructive. Avoided spreading rumors and maintained a positive tone.</i>

Situation	Factual Plan Used	Observations

Building Resilience Through Discomfort

This worksheet is designed to help you build resilience by intentionally exposing yourself to physical discomforts that affect you emotionally. By facing these discomforts, you can improve your ability to handle challenging situations and enhance your emotional strength.

1. List Discomforts: List areas where physical discomfort affects you emotionally.

Example: "Cold weather, intense exercise, public speaking, crowded places."

2. Choose Discomfort: Select one area to focus on for the week.

Example: "Intense exercise."

3. Exposure Plan: Create a plan for intentional exposure to this discomfort.

Example: "I will engage in 30 minutes of intense exercise three times this week. I will gradually increase the intensity and duration of the workouts."

4. Reflection: Reflect daily on your emotional response and resilience.

Day	Emotional Response	Resilience
<i>e.g., Day 1</i>	<i>I felt anxious and overwhelmed at the start but accomplished and proud at the end.</i>	<i>I noticed that pushing through the discomfort made me feel stronger and more capable.</i>

Embracing a Wider Perspective

This worksheet is designed to help you gain a broader perspective on events that cause emotional distress. By understanding how these events fit into the larger context of your life and the universe, you can reduce stress and improve your emotional well-being.

1. Event Description: Describe a recent event that caused emotional distress.

Example: "I missed an important work deadline and felt overwhelmed and anxious."

2. Broader Context: Write how this event fits into the broader context of your life and the universe.

Example: "While missing the deadline is significant, I have successfully completed many other projects and have a strong track record at work. In the grand scheme of the universe, this event is a small moment in time. It's a learning opportunity rather than a defining failure."

3. Reflection: Reflect on how this broader perspective changes your emotional response.

Example: "Viewing the event in the context of my overall career and life helps me see it as a temporary setback rather than a catastrophic failure. It reduces my anxiety and helps me focus on solutions."

Connecting with Nature

This worksheet is designed to help you connect with nature, gain a sense of peace, and broaden your perspective. By spending time observing nature and meditating on its vastness and interconnectedness, you can improve your mental well-being and gain a more balanced view of your problems.

1. Nature Observation: Spend time observing nature or the night sky. Describe your experience in detail.

Example: "I spent an hour in the park, observing the trees, listening to the birds, and feeling the breeze on my face. I also spent some time stargazing and watching the constellations."

2. Meditation: Meditate on the vastness and interconnectedness of nature. Describe your meditation experience.

Example: "I sat quietly under a tree and focused on my breath. As I meditated, I thought about the vastness of the universe and how everything in nature is interconnected. I imagined myself as a small part of this vast system."

3. Reflection: Reflect on how this meditation impacts your sense of self and your problems.

Example: "It made me feel more connected to the world around me. It reminded me that I am part of something much larger than myself. It helped put my problems into perspective. They seemed smaller and less overwhelming. I felt that I can handle the challenges I face."

Anticipating Challenges

This worksheet is designed to help you anticipate potential challenges and prepare for them emotionally and strategically. By identifying possible adversities and planning coping strategies, you can increase your resilience and better manage stress.

1. Identify Adversities: List potential future adversities that you might face.

Example: "Job loss, health issues, relationship conflicts, financial difficulties."

2. Visualize: Visualize experiencing these adversities in detail.

Example: "I imagine losing my job unexpectedly and feeling uncertain about my future."

3. Emotional Response: Write down your emotional response to the visualization.

Example: "I feel anxious, fearful, and overwhelmed by the thought of job loss."

4. Coping Strategies: Develop strategies to cope with these adversities if they occur.

Example: "1. Update my resume and LinkedIn profile. 2. Start networking with industry contacts. 3. Research job openings and apply for positions. 4. Create a budget to manage finances during unemployment. 5. Practice stress-relief techniques like meditation and exercise."

Reframing Good and Bad

This worksheet is designed to help you reframe the way you label events as "good" or "bad." By reflecting on your reasons for labeling events and considering a new perspective, you can adopt a more balanced and stoic approach to life's challenges.

1. List Events: List recent events you labeled as "good" or "bad."

Example: "Good: Received a promotion at work. Bad: Had an argument with a friend."

2. Redefine: Reflect on why you labeled them this way.

Example: "I labeled receiving a promotion as 'good' because it made me feel valued and recognized for my hard work. I labeled having an argument with a friend as 'bad' because it caused me stress and hurt my feelings."

3. New Perspective: Write down a new perspective on these events, considering the Stoic idea that external events are indifferent.

Example: "While receiving a promotion is a positive recognition of my efforts, it is an external event that doesn't define my worth. My true value comes from my character and actions. The argument with my friend is an opportunity to improve our communication. It's an external event that can help strengthen our relationship if I approach it with empathy."

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Reframing Pain and Disease

This worksheet is designed to help you reframe your experiences of pain and disease by questioning and changing your judgments about these experiences. By reflecting on your experiences, developing a plan to reframe your judgments, applying this reframing in your daily life, and reflecting on its impact, you can enhance your emotional response and resilience.

1. Identify Experiences: Reflect on experiences of pain or disease. Consider both physical and emotional pain.

Example: "Chronic back pain, anxiety, recovering from surgery, dealing with a cold."

2. Question Judgments: Develop a plan to question and reframe your judgments about these experiences. Examples:

- Question Judgment: What assumptions am I making about this pain? Am I seeing it as something that completely defines my life?
- Alternative Perspective: How can I view this pain as a signal to take better care of my body?
- Gratitude: What aspects of my life are still positive despite the pain?
- Learning: What can I learn from this experience that can help me grow stronger or more resilient?

3. Daily Practice: Apply this reframing in your daily life. Record your experiences and any observations about how reframing these judgments influences your emotional response and resilience.

Experience	Reframing Plan Used	Observations
<i>e.g., Chronic back pain</i>	<i>Questioned the judgment that the pain defines my life, viewed the pain as a signal to improve self-care, practiced gratitude for aspects of my life that are still positive.</i>	<i>Felt less overwhelmed by the pain and more motivated to engage in self-care activities. Noticed a slight improvement in my mood and resilience.</i>

Retreating to Mental Safe Space

This worksheet is designed to help you create and retreat to a mental safe space during stressful times. By identifying this safe space, developing a plan to retreat to it, practicing this retreat, and reflecting on its impact, you can enhance your emotional resilience and sense of security.

1. Identify Safe Space: Reflect on what your mental safe space looks like.

Example: "My mental safe space is a quiet, serene garden filled with flowers and a gentle stream. The sound of birds and the flow of water help me relax and feel secure."

2. Retreat Plan: Develop a plan to retreat to this safe space when needed. Consider how you can mentally transport yourself to this place during stressful times.

Example: Use deep breathing and mindfulness to help transport yourself to your mental safe space.

3. Daily Practice: Practice retreating to your mental safe space during stressful times. Record your experiences and any observations about how this practice influences your emotional resilience.

Trigger	Retreat Technique Used	Observations
<i>e.g., Feeling overwhelmed with work tasks</i>	<i>Deep breathing and mindfulness, visualized my serene garden</i>	<i>Felt immediate relief and calm. My focus improved, and I was able to approach my tasks with a clearer mind.</i>

Challenging Anxious Thoughts

This worksheet is designed to help you challenge and reframe your anxious thoughts. By identifying these thoughts, developing a plan to challenge them, implementing this plan in your daily life, and reflecting on its impact, you can improve your emotional state and behavior.

1. Identify Anxious Thoughts: Reflect on recurring anxious thoughts. Consider thoughts that frequently cause you distress or worry.

Example: "I'm going to fail at my job. People don't like me. Something bad will happen to my family."

2. Challenge Plan: Develop a plan to challenge and reframe these thoughts. Consider questions and perspectives that can help you view these thoughts more rationally, such as:

- Evidence: What evidence do I have that supports this thought? What evidence do I have against it?
- Perspective: What would I tell a friend who had this thought?
- Reality Check: How likely is it that this fear will come true? What is the worst that could happen, and how would I cope?
- Alternative Thought: What is a more balanced and realistic thought?

3. Daily Practice: Implement this plan in your daily life. Record your experiences and any observations about how challenging these thoughts influences your emotional state and behavior.

Anxious Thought	Challenge Plan Used	Observations
<i>e.g., "I'm going to fail at my job."</i>	<i>Examined evidence for and against the thought, considered what I would tell a friend, acknowledged that failure is unlikely and that I have skills to cope, reframed to "I am doing my best and learning every day."</i>	<i>Felt more confident and less stressed about work. Performance and focus improved.</i>

Opposite Action

This worksheet is designed to help you manage negative emotions or behaviors by practicing opposite actions. By intentionally performing actions that are opposite to your negative emotions or behaviors, you can change your emotional response and improve your mental well-being.

1. Identify Emotion: Identify a recurring negative emotion or behavior that you want to address.

Example: "Feeling anxious and avoiding social situations."

2. Opposite Action: Develop an opposite action to perform when this emotion or behavior arises.

Example: "When feeling anxious about social situations, instead of avoiding them, I will engage in a brief conversation with someone."

3. Implementation: Practice this opposite action whenever the identified emotion or behavior arises.

Example: "Today, when I felt anxious about attending a team meeting, I made a point to join the conversation and contribute a comment."

4. Reflection: Reflect on the impact of this practice on your emotions.

Example: "Practicing the opposite action made me feel more confident and reduced my anxiety. It helped me realize that my fears were unfounded, and I felt more connected to my colleagues."

Managing Moods

This worksheet is designed to help you manage recurring moods that affect your well-being by reflecting on them, developing a plan to counter them with Stoic principles, implementing this plan in your daily life, and reflecting on its impact on your emotional resilience.

1. Identify Moods: Reflect on recurring moods that affect your well-being. Consider both positive and negative moods.

Example: "Anxiety, irritability, sadness, excitement, stress."

2. Counter Plan: Develop a plan to counter these moods with Stoic principles, such as:

- Awareness: Acknowledge the anxiety without judgment.
- Control: Focus on what is within your control and let go of what is not.
- Breathing: Practice deep breathing exercises to calm the mind.
- Perspective: Reflect on the transient nature of anxiety and its insignificance in the grand scheme of life.

Implement this plan in your daily life. Record your experiences and any observations about your emotional resilience.

Mood	Counter Plan	Observations
<i>e.g., Anxiety</i>	<i>Practiced deep breathing, focused on what was within my control, reminded myself of the transient nature of anxiety.</i>	<i>Felt calmer and more in control. The anxiety gradually subsided, and I was able to focus on my tasks more effectively.</i>

Mood	Counter Plan	Observations

Pausing in Anger

This worksheet is designed to help you manage anger by identifying triggers, developing a plan to pause and reflect when anger arises, practicing this pause in real situations, and reflecting on its impact.

1. Identify Anger Triggers: List situations that trigger your anger. Reflect on both common and specific triggers.

Example: "Being interrupted during work, traffic jams, rude comments, unmet expectations, being blamed unfairly."

2. Pause Plan: Develop a plan to pause and reflect when anger arises. Consider specific techniques to help you pause, reflect, and choose a constructive response.

Example: "Being interrupted during work"

- *Pause: Take a deep breath and count to ten.*
- *Reflect: Ask yourself why this interruption is making you angry. Is it the interruption itself or something deeper?*
- *Assess: Consider the other person's perspective. Were they aware they were interrupting you?*
- *Respond: Choose a calm and constructive response, such as politely explaining your need for uninterrupted work time.*

3. Daily Practice: Practice this pause in real situations. Record your experiences and any observations about how pausing influences your emotional response and behavior.

Trigger	Pause Plan Used	Observations
<i>e.g., Being interrupted during work</i>	<i>Took a deep breath, reflected on why I was angry, considered the colleague's perspective, responded calmly by explaining my need for uninterrupted time.</i>	<i>Felt less angry and more in control. The colleague understood and apologized, and we agreed on a better way to communicate in the future.</i>

Analyzing Anger

This worksheet is designed to help you analyze incidents of anger by identifying and describing them, developing a plan to analyze them, implementing this analysis in your daily life, and reflecting on its impact.

1. Identify Anger Incidents: Describe recent incidents of anger. Include details about what happened, who was involved, and how you felt.

Example: "Yesterday, I got angry when my colleague criticized my work during a meeting. I felt embarrassed and defensive, and I responded by raising my voice."

2. Analysis Plan: Develop a plan to analyze these incidents. Consider identifying triggers, your responses, and the consequences.

Example: Colleague criticized my work during a meeting

- *Triggers: What triggered my anger? (e.g., feeling criticized, public embarrassment)*
- *Responses: How did I respond? (e.g., raised my voice, defensive body language)*
- *Consequences: What were the consequences of my response? (e.g., tension in the meeting, strained relationship with the colleague)*
- *Reflection: What could I have done differently? (e.g., stayed calm, asked for clarification, expressed my feelings constructively)*

3. Daily Practice: Implement this analysis in your daily life. Record your experiences and any observations about how analyzing anger influences your emotional state and relationships.

Incident	Analysis Plan Used	Observations
<i>e.g., Colleague criticized my work during a meeting</i>	<i>Identified triggers (feeling criticized), responses (raised voice), and consequences (tension). Reflected on what I could have done differently (stayed calm, asked for clarification).</i>	<i>Realized that my anger was partly due to my own insecurities. Felt more prepared to handle criticism constructively in the future.</i>

Incident	Analysis Plan Used	Observations

Mealtime Moderation

This worksheet is designed to help you practice mealtime moderation to improve your eating habits and overall well-being. By reflecting on your current eating habits and developing a moderation plan, you can make healthier choices and enhance your relationship with food.

1. Eating Habits: Reflect on your current eating habits. Consider what, when, and how much you eat, as well as any patterns or triggers.

Example: "I often eat large portions quickly, especially when I'm stressed. I also tend to snack late at night."

2. Moderation Plan: Develop a plan to moderate your eating (e.g., smaller portions, slower eating).

3. Daily Log: Keep a daily log of your meals and your adherence to the moderation plan. Record what you ate and any observations about your eating experience.

Date	What I Ate	Adherence to Moderation Plan	Observations
<i>e.g., June 20</i>	<i>Grilled chicken salad</i>	<i>Yes</i>	<i>Ate slowly, felt full and satisfied</i>

Removing Temptations

This worksheet is designed to help you identify temptations that disrupt your self-control and develop a plan to remove or reduce access to them. By managing these temptations, you can improve your self-control and emotional well-being.

1. Identify Temptations: List temptations that disrupt your self-control. These can be specific items, activities, or situations.

Example: "Junk food in the house."

2. Action Plan: Develop a plan to remove or reduce access to these temptations. Be specific about the steps you will take.

Example: Remove all junk food from the house and replace it with healthy snacks.

3. Daily Log: Keep a log of your adherence to this plan. Record your efforts and any observations about your experience.

Date	Temptation Managed	Adherence to Plan	Observations
<i>e.g., June 21</i>	<i>Junk food</i>	<i>Yes</i>	<i>Replaced chips with fruit; felt more energetic and less guilty about snacking.</i>

Date	Temptation Managed	Adherence to Plan	Observations

Deconstructing Desires

This worksheet is designed to help you deconstruct and re-evaluate your desires for external things. By identifying these desires, developing a plan to decompose and reframe them, applying this plan in your daily life, and reflecting on its impact, you can enhance your sense of contentment and focus.

1. Identify Desires: Reflect on external things you desire. Consider both material and non-material desires.

Example: "A new car, a bigger house, a perfect relationship."

2. Decomposition Plan: Develop a plan to decompose and re-evaluate these desires. Consider breaking down each desire into its underlying motivations and assessing its true value. Apply this plan in your daily life.

- Motivation: Why do I want a new car? (e.g., status, convenience, reliability)
- True Value: Will a new car truly bring long-term happiness or fulfillment?
- Alternative: Can I achieve the same sense of satisfaction in other ways? (e.g., maintaining my current car, using public transport)
- Reflection: How does this desire align with my core values and goals?

Desire	Decomposition Plan	Observations
<i>e.g., A new car</i>	<i>Identified status and convenience as motivations, reflected on the true value, considered maintaining my current car and using public transport.</i>	<i>Realized that the desire for a new car was more about status than need. Felt more content with my current car.</i>

Desire	Decomposition Plan	Observations

Practicing Minimalism

This worksheet is designed to help you practice minimalism by reflecting on your current possessions, creating a decluttering plan, and implementing it. By embracing minimalism, you can improve your emotional well-being and create a more organized and peaceful living space.

1. Current Possessions: Reflect on your current possessions and their impact on your life. Consider how they affect your emotional state, space, and daily routines.

Example: "I have many clothes I don't wear, old gadgets I don't use, and a lot of decorative items that make my home feel cluttered. These possessions make it difficult to keep my space organized and cause me stress."

2. Decluttering Plan: Create a plan to declutter your living space. Be specific about the areas you will address and the steps you will take.

Example:

- 1. Start with the wardrobe: Donate or sell clothes I haven't worn in the past year.*
- 2. Move to the kitchen: Discard expired food and donate unused kitchen gadgets.*
- 3. Tackle the living room: Remove excess decorations and organize books and media.*
- 4. Sort through storage: Evaluate and reduce items in storage areas.*

3. Implementation: Execute your decluttering plan. Record your progress and any observations about the process.

Example: "Donated 10 bags of clothes and shoes to charity. Felt a sense of relief and accomplishment. My wardrobe is now easier to manage, and I have more space."

4. Reflection: Reflect on the emotional and practical effects of minimalism.

Example: "Decluttering has made me feel lighter and less stressed. I no longer feel overwhelmed by the amount of stuff I own. My living space is more organized and easier to clean. I have more time and energy for activities I enjoy because I spend less time managing my possessions."

Aligning Goals with Values

This worksheet is designed to help you align your goals with Stoic values to ensure they are meaningful and within your control. By refining your goals based on these principles, you can enhance your sense of purpose and direction.

1. List Goals: List your current goals, both short-term and long-term.

Example: "Get a promotion at work, run a marathon, improve my relationship with my family, learn a new language."

2. Stoic Evaluation: Evaluate each goal based on Stoic principles (e.g., is it within your control? Does it align with virtues like wisdom, courage, justice, and temperance?).

Example: Goal: Get a promotion at work

- *Is it within your control? Partially (I can control my effort and performance, but not the final decision)*
- *Does it align with Stoic virtues? Yes, if it is pursued with integrity and dedication.*

3. Refine Goals: Refine your goals to align with Stoic values. Focus on what is within your control and ensure your goals reflect Stoic virtues.

Original Goal	Refined Goal
<i>e.g., Get a promotion at work</i>	<i>Focus on improving my skills and performance at work, acting with integrity and dedication, regardless of the outcome.</i>

4. Reflection: Reflect on how this alignment impacts your sense of purpose and direction.

Example: "Aligning my goals with Stoic values has helped me focus on what I can control and act with integrity. It gives me a deeper sense of purpose, knowing that I am striving to live virtuously rather than just achieving external outcomes."

Embracing Impermanence

This worksheet is designed to help you embrace the concept of impermanence by reflecting on your attachments and meditating on their temporary nature. By understanding and accepting impermanence, you can develop a more balanced emotional response to potential loss and foster a greater sense of peace.

1. Identify Attachments: List things or people you are strongly attached to. Consider both material possessions and relationships.

Example: "My home, my job, my partner, my best friend, my health."

2. Contemplate Impermanence: Meditate on the impermanence of these attachments. Spend a few minutes contemplating the temporary nature of each attachment. Describe your meditation experience.

Example: "I spent time thinking about how my job may change, how relationships can evolve or end, and how material possessions can be lost or damaged. I visualized life without each of these attachments and considered how change is a natural part of life."

3. Reflection: Reflect on how this meditation impacts your emotional response to potential loss. Consider changes in your feelings of attachment and your overall sense of peace.

Example: "Meditating on impermanence helped me realize that while I value these attachments, they do not define my happiness or self-worth. I feel more at peace with the idea of change and loss, understanding that they are inevitable parts of life."

Reflecting on Death

This worksheet is designed to help you reflect on your mortality and how it influences your life choices. By contemplating death, you can identify what truly matters to you and develop a plan to live according to these priorities.

1. Death Reflection: Reflect on your own mortality and how it influences your life choices. Consider your thoughts and feelings about death and how they affect your decisions.

Example: "Thinking about my mortality makes me realize the importance of spending time with loved ones and pursuing my passions. It encourages me to live more authentically and prioritize meaningful experiences."

2. Life Priorities: Identify what truly matters to you in life. List your top priorities and values.

Example: "My family, my health, helping others, personal growth, and creativity."

3. Action Plan: Develop a plan to live according to these priorities. Be specific about the actions you will take to align your daily life with your values.

Example:

- 1. Spend quality time with family daily, whether through meals, conversations, or activities.*
- 2. Maintain a healthy lifestyle by exercising regularly and eating nutritious foods.*
- 3. Volunteer or engage in community service monthly.*
- 4. Set aside time each week for personal growth activities, such as reading or taking a class.*
- 5. Dedicate time daily to creative pursuits, such as writing, painting, or music.*

4. Reflection: Reflect on how contemplating death influences your daily actions and mindset. Consider how this reflection impacts your approach to life and your overall well-being.

Example: "Contemplating death has made me more mindful of how I spend my time and who I spend it with. It motivates me to focus on what truly matters and let go of trivial concerns."

Admiring Virtues in Others

This worksheet is designed to help you identify and admire the virtues in others, and to use those virtues as inspiration to improve your own life. By meditating on these virtues and developing a plan to incorporate them into your behavior, you can enhance your character and mindset.

1. Identify Role Models: List people you admire and their virtues. These can be people you know personally, historical figures, or public figures.

Example: "My grandmother: Wisdom, kindness, perseverance"

2. Meditation: Meditate on these virtues and how they can inspire you. Spend a few minutes thinking about each virtue and how it is demonstrated by the person you admire.

Example: "I reflected on my grandmother's wisdom and kindness, recalling her advice and support throughout my life."

3. Implementation: Develop a plan to incorporate these virtues into your own life. Be specific about the actions you will take to embody these virtues.

Example: Wisdom and Kindness (Grandmother):

- *Seek out learning opportunities and share knowledge with others.*
- *Perform random acts of kindness regularly, such as helping a neighbor or complimenting a colleague.*

4. Reflection: Reflect on how this practice influences your behavior and mindset. Consider changes in your actions, thoughts, and overall well-being.

Example: "I feel more patient and resilient when faced with challenges, more compassionate and humble in my daily life, and more kind and wise in my relationships."

Maintaining Inner Peace

This worksheet is designed to help you identify daily stressors, develop strategies to maintain peace of mind, and reflect on how these strategies impact your overall well-being. By practicing these steps, you can enhance your emotional resilience and inner tranquility.

1. Identify Stressors: List daily stressors that disrupt your peace of mind. Consider both external and internal stressors.

Example: "Traffic during my commute, tight deadlines at work, conflicts with colleagues, financial worries, negative self-talk."

2. Peace Plan: Develop strategies to maintain peace of mind amidst these stressors. Be specific about the actions you will take.

Example: Traffic during my commute:

- *Listen to calming music or an interesting podcast.*
- *Practice deep breathing exercises.*

3. Daily Log: Keep a log of your peace of mind and the effectiveness of your strategies. Record your experiences and any observations about your emotional state.

Stressors Encountered	Strategies Used	Effectiveness of Strategies	Observations
<i>e.g., Traffic</i>	<i>Listened to a podcast</i>	<i>High</i>	<i>Felt calmer during the commute and more focused at work.</i>

Reducing Unnecessary Busyness

This worksheet is designed to help you identify areas of unnecessary busyness in your daily activities, create a plan to simplify your schedule, and reflect on the impact of reducing busyness on your stress levels and productivity.

1. Activity Log: Keep a log of your daily activities and identify areas of unnecessary busyness that do not add significant value to your life.

Activity	Time Spent	Value Added	Unnecessary Busyness
<i>e.g., Checking social media</i>	<i>1 hour</i>	<i>Low</i>	<i>Yes</i>

2. Simplification Plan: Create a plan to simplify your schedule by reducing or eliminating activities identified as unnecessary busyness. Focus on essential activities that add value to your life.

Example: Checking social media - Limit social media use to 15 minutes per day.

3. Implementation: Implement your simplification plan. Record your progress and any observations about the impact on your daily routine.

Activity Simplified	Actions Taken	Observations
<i>e.g., Checking social media</i>	<i>Set a timer for 15 minutes and logged out after that time.</i>	<i>Felt more focused and had more time for important tasks.</i>

Speaking with Intention

This worksheet is designed to help you improve your communication by speaking less but with more intention and thoughtfulness. By reflecting on your current speech patterns, developing a speaking plan, and practicing mindful speaking, you can enhance your relationships and communication.

1. Current Speech Patterns: Reflect on your current speech patterns and identify areas for improvement. Consider how you communicate in various settings (e.g., work, social, family).

Example: "I tend to interrupt others and speak without thinking."

2. Speaking Plan: Develop a plan to speak less but with more intention and thoughtfulness.

Example:

- *Active Listening: Focus on truly listening to others without planning my response while they are speaking.*
- *Pausing Before Speaking: Take a moment to think before responding to ensure my words are thoughtful and relevant.*

3. Daily Practice:

Practice your speaking plan in daily interactions.

Record your experiences and any observations about your communication.

Interaction	Strategies Used	Observations
<i>e.g., Team meeting at work</i>	<i>Active listening, pausing before speaking</i>	<i>Felt more engaged in the conversation and noticed that others were more responsive and appreciative of my contributions.</i>

Choosing Influential Company

This worksheet is designed to help you reflect on your current social circle, evaluate your relationships based on Stoic values, and cultivate more virtuous relationships. By choosing influential company, you can enhance your character and emotional well-being.

1. Social Circle: Reflect on your current social circle and its influence on you. Consider both positive and negative influences.

Example: "I spend time with colleagues who often complain about work, and a family member who is very supportive."

2. Evaluation: Evaluate your relationships based on Stoic values such as wisdom, courage, justice, and temperance.

Relationship	Influence	Alignment with Stoic Values
<i>e.g., Colleagues</i>	<i>Negative (complaining and gossiping)</i>	<i>Low (does not promote wisdom or temperance)</i>

3. Improvement Plan: Develop a plan to cultivate more virtuous relationships. Be specific about the actions you will take to spend more time with positive influences and reduce time with negative ones.

Spend more time with positive influences	Reduce time with negative influences
<i>e.g., Plan weekly calls or visits with my supportive family member.</i>	<i>Politely decline invitations to gatherings that involve negative behavior.</i>

4. Reflection: Reflect on how your social interactions influence your character and emotions. Consider changes in your behavior, mindset, and overall well-being.

Example: "Spending more time with positive influences has improved my mindset and behavior. I feel more motivated to maintain healthy habits and less stressed by negative conversations."

Handling Insults Gracefully

This worksheet is designed to help you handle insults and criticisms gracefully by developing a Stoic response plan and reflecting on the impact of this approach on your emotional resilience.

1. Recent Insults: Describe recent insults or criticisms you've received. Consider both verbal and non-verbal insults.

Example: "A colleague said my presentation was boring. A friend commented on my weight gain. A stranger made a rude remark about my appearance."

2. Stoic Response: Develop a Stoic response plan for handling insults. Consider Stoic principles such as:

- **Pause and Breathe:** Take a deep breath to maintain composure.
- **Evaluate the Insult:** Consider if the insult has any constructive feedback or if it reflects the other person's issues.
- **Maintain Inner Calm:** Remind yourself that you control your response, not the insult itself.
- **Respond with Grace:** Respond politely or choose not to respond at all, depending on the situation.
- **Reflect on Virtue:** Focus on your own virtues and character rather than the insult.

3. Implementation: Practice this response in real-life situations.

Situation	Insult or Criticism	Response Plan Used	Observations
<i>Team meeting at work</i>	<i>A colleague said my presentation was boring.</i>	<i>Paused and breathed, evaluated the insult, responded with grace by saying, "Thank you for your feedback. I'll consider it for future presentations."</i>	<i>Felt calm and in control. The colleague seemed taken aback by my composed response.</i>

4. Reflection: Reflect on how this approach impacts your emotional resilience.

Example: "It has made me feel more in control of my emotions. I no longer take insults personally and can maintain my composure. This approach has improved my interactions and made me more resilient to criticism."

Speaking Less About Yourself

This worksheet is designed to help you reduce self-referential talk in conversations, focus more on others, and reflect on the impact of this change on your social interactions and humility.

1. Current Conversations: Reflect on how often you speak about yourself in conversations. Consider both formal and informal settings.

Example: "I often find myself talking about my experiences and achievements in social gatherings and work meetings. I tend to steer conversations back to my own stories."

2. Reduction Plan: Develop a plan to reduce self-referential talk.

Examples may include:

- Ask More Questions: Make a conscious effort to ask others about their experiences, thoughts, and feelings.
- Practice Active Listening: Focus on truly listening to others without thinking about what to say next.
- Limit Self-References: Set a personal goal to limit self-references to once or twice in each conversation.
- Show Genuine Interest: Express genuine interest in others' stories and follow up with related questions.

3. Daily Practice: Practice focusing conversations on others. Record your experiences and any observations about your interactions.

Conversation Setting	Strategies Used	Observations
<i>e.g., Lunch with a colleague</i>	<i>Asked more questions, showed genuine interest</i>	<i>The colleague seemed more engaged and appreciated the attention. The conversation felt more balanced and meaningful.</i>

Preparing for Difficult Interactions

This worksheet is designed to help you prepare for interactions with people you find challenging. By identifying these individuals, premeditating on future encounters, and planning Stoic responses, you can improve your emotional resilience and behavior.

1. Identify Difficult People: List people you find challenging to interact with. Consider both personal and professional relationships.

Example: "A critical colleague, a demanding boss, a negative family member."

2. Premeditation: Premeditate on future encounters with these people and plan Stoic responses. Consider Stoic principles such as focusing on what is within your control, maintaining inner calm, and responding with virtue.

Person	Expected Challenge	Stoic Response Plan
<i>e.g., Critical colleague</i>	<i>They often criticize my work in meetings.</i>	<i>Take deep breaths and remain composed. Thank them for their feedback and ask constructive questions to improve my work.</i>

Person	Expected Challenge	Stoic Response Plan

4. Reflection: Reflect on how this premeditation influences your emotional response and behavior.

Example: "Premeditating on difficult interactions has significantly improved my emotional resilience. I feel more prepared and less reactive in challenging situations."

Responding Virtuously to Frustration

This worksheet is designed to help you respond virtuously to frustration by reflecting on recent frustrating interactions, developing a plan to use Stoic virtues, and practicing this plan in daily interactions.

1. Identify Frustrating Interactions: Reflect on recent interactions that have caused you frustration. Describe the situations in detail.

Example: "A colleague missed a crucial deadline, causing delays in the project. A driver cut me off in traffic, leading to a near accident. A customer was rude and demanding while I was trying to help them."

2. Virtue Plan: Develop a plan to respond with Stoic virtues (e.g., patience, kindness). Record your experiences and any observations about your emotional state.

Situation	Virtue Plan Used	Observations
<i>e.g., Colleague missed a deadline</i>	<i>Patience, kindness, wisdom</i>	<i>Remained calm and offered help. The colleague appreciated the support, and we managed to catch up on the project. Felt more at ease and less stressed.</i>

Situation	Virtue Plan Used	Observations

3. Reflection: Reflect on the outcomes and your emotional state. Consider changes in your behavior, interactions, and overall well-being.

Example: "I feel more in control of my emotions and less reactive. My interactions have become more positive, and I have noticed an improvement in my overall well-being."

Turning Obstacles into Opportunities

This worksheet is designed to help you turn current difficulties or challenges into opportunities for growth. By identifying these difficulties, developing a plan to view them as opportunities, and applying this perspective in your daily life, you can enhance your mindset and resilience.

1. Identify Difficulties: List current difficulties or challenges you are facing. Consider both personal and professional challenges.

Example: "Facing a tight deadline at work, dealing with a health issue, managing a conflict with a friend."

2. Opportunity Plan: Develop a plan to view and use these difficulties as opportunities for growth. Record your experiences and any observations about your mindset and resilience.

Difficulty	Opportunity Plan	Observations
<i>e.g., Tight deadline at work</i>	<i>Focused on improving time management, sought help from colleagues</i>	<i>Felt more organized and supported, managed to meet the deadline without excessive stress, and learned valuable teamwork skills.</i>

Difficulty	Opportunity Plan	Observations

3. Reflection: Reflect on how this approach changes your mindset and resilience.

Example: "I feel more empowered and less overwhelmed by challenges. This approach has increased my resilience and helped me develop valuable skills and insights. I now see obstacles as chances to grow rather than setbacks."

Seeking Guidance from Sages

This worksheet is designed to help you seek guidance from a Stoic sage or role model you admire. By imagining the advice they would give in challenging situations and applying it in your daily life, you can enhance your decision-making and actions.

1. Identify Sage: Choose a Stoic sage or role model you admire. Consider figures known for their wisdom, virtue, and strength of character.

Example: "Seneca, a mentor or teacher."

2. Sage Advice: Imagine what advice this sage would give in challenging situations. Consider their principles, teachings, and how they would approach the problem.

Example: "Feeling overwhelmed with work and personal responsibilities."

- Seneca: "Practice moderation and balance in all things. Prioritize your tasks and eliminate unnecessary distractions. Reflect on your values and ensure your actions align with them."

3. Implementation: Apply this advice in your daily life. Record your experiences and any observations about your decisions and actions.

Challenging Situation	Sage Advice Used	Observations
<i>e.g., Feeling overwhelmed with work and personal responsibilities</i>	<i>Focused on what was within my control, broke tasks into manageable steps, took breaks to care for my mind and body.</i>	<i>Felt more organized and less stressed. Managed tasks more efficiently and maintained a calmer mindset.</i>

Engaging in Civic Good

This worksheet is designed to help you engage in civic good by identifying social or political issues you care about, developing a plan to contribute positively to these issues, implementing this plan in your daily life, and reflecting on your contributions.

1. Identify Issues: List social or political issues you care about. Consider both local and global issues. Develop a plan to contribute positively to these issues.

Issue	Action Plan
<i>e.g., Climate change</i>	- <i>Reduce personal carbon footprint by using public transportation and recycling.</i> - <i>Participate in local clean-up drives and tree-planting events.</i> - <i>Advocate for policy changes by writing to local representatives and supporting environmental organizations.</i>

2. Reflection: Reflect on how your actions contribute to the greater good. Consider the impact of your contributions on the issue and your sense of purpose.

Example: "I feel more connected to my community and motivated to continue making a positive difference. My sense of purpose has deepened, knowing that I am contributing to a healthier planet for future generations."

Acting with Caution

This worksheet is designed to help you reflect on your daily actions and decisions, develop a plan to act with caution and reservation, practice this approach in your daily life, and reflect on its impact on your decision-making and emotional state.

1. Identify Actions: Reflect on your daily actions and decisions. Consider both small and significant actions.

Example: "Deciding what tasks to prioritize at work, choosing how to respond to an email, making plans for the weekend, managing a disagreement with a colleague."

2. Caution Plan: Develop a plan to act with reservation, considering possible outcomes. Record your experiences and any observations about your decision-making and emotional state.

Action	Reservation Plan	Observations
<i>e.g., Deciding what tasks to prioritize at work</i>	<i>Evaluate the importance and urgency of each task. Consult with colleagues or supervisors if needed.</i>	<i>Felt more confident in my decisions, reduced stress by having a clear plan of action, and received positive feedback from my supervisor.</i>

Action	Reservation Plan	Observations

Keeping Stoic Principles Handy

This worksheet is designed to help you keep key Stoic concepts at hand to guide your behavior and mindset. By listing these concepts, developing a plan to remind yourself of them regularly, and reflecting on their influence, you can enhance your practice of Stoicism in daily life.

1. List Concepts: List key Stoic concepts that resonate with you. These can be ideas, quotes, or principles from Stoic philosophy.

Example: "Virtue is the only good"

2. Reminder Plan: Develop a plan to keep these concepts at hand (e.g., quotes, reminders).

Example: - Virtue is the only good: Carry a small card with this principle in your wallet.

3. Daily Practice: Refer to these concepts regularly throughout your day. Record your experiences and any observations about how they influence your behavior and mindset.

Concept	Reminder Used	Observations
<i>e.g., Focus on what is within your control</i>	<i>Desktop wallpaper</i>	<i>When faced with a stressful situation at work, I reminded myself of this principle. It helped me focus on what I could do rather than worrying about the outcome.</i>

Concept	Reminder Used	Observations

Enhancing Mind-Body Connection

This worksheet is designed to help you enhance your mind-body connection by identifying beneficial practices, developing a plan to incorporate these practices into your daily routine, implementing the plan, and reflecting on its impact on your well-being.

1. Identify Practices: List practices that enhance your mind-body connection (e.g., meditation, exercise).

2. Plan: Develop a plan to incorporate these practices into your daily routine. Be specific about when, where, and how you will engage in these activities.

Example: - Evening Mindful Walking: Take a 20-minute mindful walk in the evening, focusing on the sights, sounds, and sensations.

3. Daily Practice: Implement this plan. Record your experiences and any observations about how these practices influence your mind-body connection and overall well-being.

Practice	Duration	Observations
<i>e.g., Morning Mindful Walk</i>	<i>30 min</i>	<i>Felt more centered and calm throughout the day. It helped me start the day with a clear and focused mind.</i>

Practice	Duration	Observations

Breaking Down Challenges

This worksheet is designed to help you break down and analyze difficulties or challenges by identifying them, developing a plan to decompose them, implementing this plan in your daily life, and reflecting on its impact.

1. Identify Difficulties: List current difficulties or challenges.

Example: "Balancing work and personal life, managing a complex project at work, dealing with a difficult relationship, overcoming procrastination."

2. Decomposition Plan: Develop a plan to decompose and analyze these difficulties. Break each challenge down into smaller, manageable parts and identify steps to address each part.

Example: Balancing work and personal life

Decomposition Plan:

- *Identify Components: List components such as work tasks, personal responsibilities, and leisure activities.*
- *Prioritize: Determine which components are most important and time-sensitive.*
- *Schedule: Create a balanced schedule that allocates time for each component.*
- *Set Boundaries: Establish clear boundaries between work and personal time.*
- *Evaluate: Regularly review and adjust the schedule as needed.*

[illegible]

3. Daily Practice: Implement this plan in your daily life. Record your experiences and any observations about how decomposing and analyzing difficulties influences your problem-solving and emotional resilience.

Challenge	Decomposition Plan Used	Observations
Balancing work and personal life	Identified components (work tasks, personal responsibilities, leisure), prioritized tasks, created a balanced schedule, set boundaries.	Felt more organized and less stressed. Managed to spend quality time with family without compromising work responsibilities.

Challenge	Decomposition Plan Used	Observations

Focusing on Priorities

This worksheet is designed to help you focus on your priorities by identifying distractions, developing a plan to concentrate on what truly matters, implementing this plan, and reflecting on its impact.

1. Identify Distractions: List distractions that take your attention away from important matters.

Example: "Social media, excessive email checking, unnecessary meetings, multitasking, personal phone calls, cluttered workspace, procrastination."

2. Focus Plan: Develop a plan to focus your attention on what truly matters. Consider specific strategies to minimize or eliminate distractions and prioritize important tasks.

Example:

- *Distraction: Social media*
- *Focus Plan: Set specific times for social media use, use website blockers during work hours, disable notifications.*

3. Daily Practice: Implement this focus plan. Record your experiences and any observations about how focusing on priorities influences your productivity and well-being.

Distraction	Focus Plan Used	Observations
<i>e.g., Social media</i>	<i>Set specific times for social media use, used a website blocker during work hours, disabled notifications.</i>	<i>Felt more focused and productive. Completed tasks more efficiently without the constant interruption of social media notifications.</i>

Day Review

This worksheet is designed to help you review your daily actions and behaviors, evaluate them based on Stoic principles, identify areas for improvement, and reflect on your progress. By practicing this daily review, you can cultivate a more mindful and virtuous life.

1. Daily Actions: List your actions and behaviors for the day. Consider both positive and negative actions. Evaluate these actions based on Stoic principles such as wisdom, courage, justice, and temperance.

Action	Evaluation
<i>e.g., Helped a colleague with a project</i>	<i>Positive - Demonstrates justice and kindness.</i>

2. Improvement Plan: Identify areas for improvement and develop a plan for the next day.

Improvement Area	Plan
<i>e.g., Skipping workouts</i>	<i>Schedule workout time in the morning and set a reminder.</i>

3. Reflection: Reflect on your progress and areas for growth. Consider what you did well, what you learned, and how you can continue to improve.

Example: "Today, I did well in helping others and completing my work tasks. I need to work on maintaining my exercise routine and managing my emotions during conflicts."

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 11, 27, 34, 35, 37, 38, 39, 40, 41, 43, 44, 45, 56, 65, 68, 72, 95, 98, 102, 103. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Do not infer a disorder from worksheet endorsement. Assess duration, severity, distress or impairment, medical/substance causes, cultural context, and relevant differentials when symptoms warrant evaluation.

Document-specific corrections

- Present Stoicism as a philosophical reflection framework, not psychotherapy or an evidence-based treatment for a mental disorder.
- Revise pain/disease and control exercises so they do not encourage medical neglect, emotional suppression, victim-blaming, or acceptance of abuse.
- Make death reflection, voluntary discomfort, temptation removal, food moderation, and minimalism optional with eating-disorder, trauma, self-harm, and medical cautions.
- Differentiate value-guided equanimity from dissociation, anhedonia, avoidance, and suppression.

Measures, scoring, and permissions

- Pages [41]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [1, 2, 3, 27, 43, 44]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.

Crisis and current resources

- Use condition-specific clinical resources when philosophical practice is being used in place of needed care.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>