



End The Exercise Excuses

With the Five Aspects / Padesky Hot Cross Bun Model CBT Worksheet

The following Cognitive Behavioural Therapy Worksheet will enable you to reveal to yourself what is truly behind you hating or avoiding exercise. By breaking down what is happening, you will get a much deeper understanding of your triggers and therefore be able to heal them. You can do this by looking at more supportive options that will help you initiate the change you desire.

Instructions

1: Download and save this PDF on your computer. It is digitally fillable! Alternatively, download & print or copy it on a piece of paper.

2: In the top box "Avoiding exercise, movement & activities" write in more detail about what you are experiencing. Examples could be, "I want to go to the gym but just sit and watch TV", "I want to get fit, but I make excuses that I am too busy", "I want to get fit, but I don't plan anything."

3: Take a moment to think of the situation you wrote about in the top box. Visualise it in your head again. Go back, see it, feel it and sense it in your body. Then complete the next three boxes.

- Thoughts & Images: What was going through your mind during this situation. What do you think about before, during the experience?
- Emotions & Feelings: What do you feel about yourself and the situation at that moment. Self-hate, lack of confidence, list everything.
- Body/physical sensations: What is happening to you. Do you go red, shake or feel nervous in your belly.

4: Complete the final box "Behaviours, what I did, or didn't do". Write about the result of this experience. What did the behaviour cause? What positive or negative effects did this lead to?

5: Review your answers and think about what you can do to change this behavioural habit.

- Do you need to plan activities better?
- Do you need to work on your self-confidence or body shame?
- Can you choose to find activities that suit your personality better?
- Would getting a personal training or joining a team sport help you?
- Would hypnotherapy help to rewire your negative habits and increase your motivation & commitment?
- Is it time to plan more enjoyable movement/exercise style activities with friends & loved ones?
- Can you hack your day to include movement in simple everyday ways? i.e. walk to work, use the stairs, walk while in phone meetings, clean, garden?

6: If you need further guidance email our program creator & head Hypnotherapist Claire Anstey at anstey@operationgoddess.com.

Operation Goddess

HYPNOTHERAPY &
WELLNESS STUDIO FOR
WOMEN

AVOIDING EXERCISE, MOVEMENT & ACTIVITIES
Explain Your Situation Below!

