

What have you learnt
from this article?

Write it down!

Stay
focused

BY ELLY PRIOR

Learn and apply

What are you taking away from this article?

You'll only really learn from what you've read if you give it some further thought.

I think that's so important for your self-development, and that's why I've provided this worksheet to help you.

You'll be doing yourself a huge favour if you spend some time exploring your thoughts and feelings in light of what you've read. It makes things much easier when you really understand what you're trying to deal with.

All my articles are based on my 24 years' experience as a (couples) therapist. The advice I give is succinct - by necessity! There's no way I can cover every possible scenario because there are countless differences between individual lives and relationships. That's why some further thought can help you to apply my advice to *your* particular situation.

So, block out some time to answer these questions...

What new insights or lightbulb moments did you gain from this article?

Precisely how are you going to use that insight to improve yourself and/or your relationship?

What stood out for you in particular that was useful?

Was there anything that caused you to react negatively or feel uncomfortable?

If so, why did it make you react/feel that way?

Was it just a passing feeling or something that touched you deeply?

What have you learnt from your reaction?

What are the top three things you've learnt from this article that you plan to apply to yourself and/or your relationship?

What are the most important changes you need to make to your own behaviour?

Are there any habits or behaviours you need to put a stop to altogether?

What's your plan of action for your next step?

Is there anything in this article you simply do not agree with? If so, what precisely do you not agree with?

Feel free to tell me about it [here](#).