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FORM 9.12

Overcoming Time Urgency

Directions: We often have a hard time seeing things in the perspective of time. Go through each of the following questions on the left and give your best response on the right. How do things look different with a different perspective of urgency or time?

Current negative mood or thoughts	Your response
What do you see as the consequence of your sense of urgency and emergency?	
Is it possible that you might feel better about these things in a few hours or a few days? Has that happened before?	
What are some things that could happen in the next few hours or few days that could make you feel better?	
How can you distract yourself from your current mood and do things that are more pleasurable?	
Why is this *not* a real emergency?	
Can you focus on making the present moment better?	