FORM 8.9

Examples of Imperfect Solutions

Sometimes we can only make progress by doing things imperfectly. We call this "successful imperfection." For example, it might be ideal if you could exercise 45 minutes five times per week, but you just might not be able to do that. But you can make progress "doing things imperfectly"—like walking more or exercising for 20 minutes three times per week. Getting started often means taking *imperfect steps forward*. In the form below, list some possible "imperfect solutions" that you can take (e.g., "Exercise more than I'm doing now") and list the costs and benefits of doing these things imperfectly. Then list the specific actions that you could take (e.g., "Walk 30 minutes each day").

Possible imperfect solutions	**Costs**	**Benefits**

What action can you take using this imperfect solution?

Action:

From *Cognitive Therapy Techniques: A Practitioner's Guide, Second Edition*, by Robert L. Leahy. Copyright © 2017 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).