

# What you have already tried

## The conclusion “I have tried everything” is often incomplete.

For many people, the fuller picture is that one or two domains have been worked hard, and others have not been touched. An inventory shows which is which, and that is information worth having.

**i** An inventory, not a verdict. Useful for not repeating what has not worked, and for showing where the gaps may be.

### WHAT THIS IS

#### A record of effort

- An inventory of what you have already tried
- A way of seeing which categories have not had attention
- A page to bring to a clinical conversation
- Evidence of effort, not of failure

### WHAT THIS IS NOT

#### A scorecard or judgement

- Not a list of what you should have tried
- Not a record of where you have failed
- Not complete; bring what comes to mind
- Not a substitute for clinical care

### HOW TO USE IT

#### 1 Read the six categories

They cover the most common places interventions are attempted.

#### 2 Fill in what you have tried, and what happened

A few words per cell. Honest and partial is fine.

#### 3 Notice the gaps

Untouched categories can be worth a closer look.

### THE SIX CATEGORIES

#### Body

*sleep, exercise, breath, food*

#### Mind

*meditation, journaling, therapy, reading*

#### Time

*holiday, weekend off, longer break*

#### Work

*time off, role change, manager talk, hours*

#### Relationships

*friends, leaning in, leaning out*

#### Other

*alcohol, supplements, apps, substances*

### WHAT INVENTORY HELPS WITH, AND WHAT IT DOES NOT

#### WHAT IT HELPS WITH

Showing the work already done. Finding which category has not been touched. Giving a clinician a clearer place to start. **Prompting a more honest next move.**

#### WHAT IT DOES NOT HELP WITH

Deciding which categories you should have tried. Ranking effort. Proving how hard the situation has been. **The inventory is description, not judgement.**

### WHERE TO START, ON PAGE 2

Fill in what you remember in each category. The question worth taking into your next conversation: **which category have I not touched yet, and is there a reason for that?**

**REMEMBER** The “I have tried everything” loop is often “I have worked one domain very hard and not touched the others.” Knowing which is which can change the conversation.

**When the inventory is partly or fully filled, you can sit with what you notice, or bring it to a first conversation. Either is a fine next step.**

# Your inventory



## A few words per cell.

Skip cells if nothing comes. **Honest and partial is fine.** The point is to see the shape of what has been tried, and where the gaps are.

|                                                                  | WHAT I TRIED | WHAT HAPPENED |
|------------------------------------------------------------------|--------------|---------------|
| <b>Body</b><br><i>sleep, exercise, breath, food</i>              |              |               |
| <b>Mind</b><br><i>meditation, journaling, therapy, reading</i>   |              |               |
| <b>Time</b><br><i>holiday, weekend off, longer break</i>         |              |               |
| <b>Work</b><br><i>time off, role change, manager talk, hours</i> |              |               |
| <b>Relationships</b><br><i>friends, leaning in, leaning out</i>  |              |               |
| <b>Other</b><br><i>alcohol, supplements, apps, substances</i>    |              |               |

### WHAT I HAVE NOT TRIED YET THAT MIGHT BE WORTH EXPLORING

### WHEN THE INVENTORY IS FILLED IN

**You can sit with what you notice, or bring it to a first conversation.**

The gaps are useful information whether or not you book a session. If you would like to talk it through, the Meet and Greet is a short call to see if we are the right fit.

### MEET AND GREET

- Free
- 15 minutes
- Online or in-person
- No obligation