

Jack – feels angry, frustrated and worthless

At the assessment

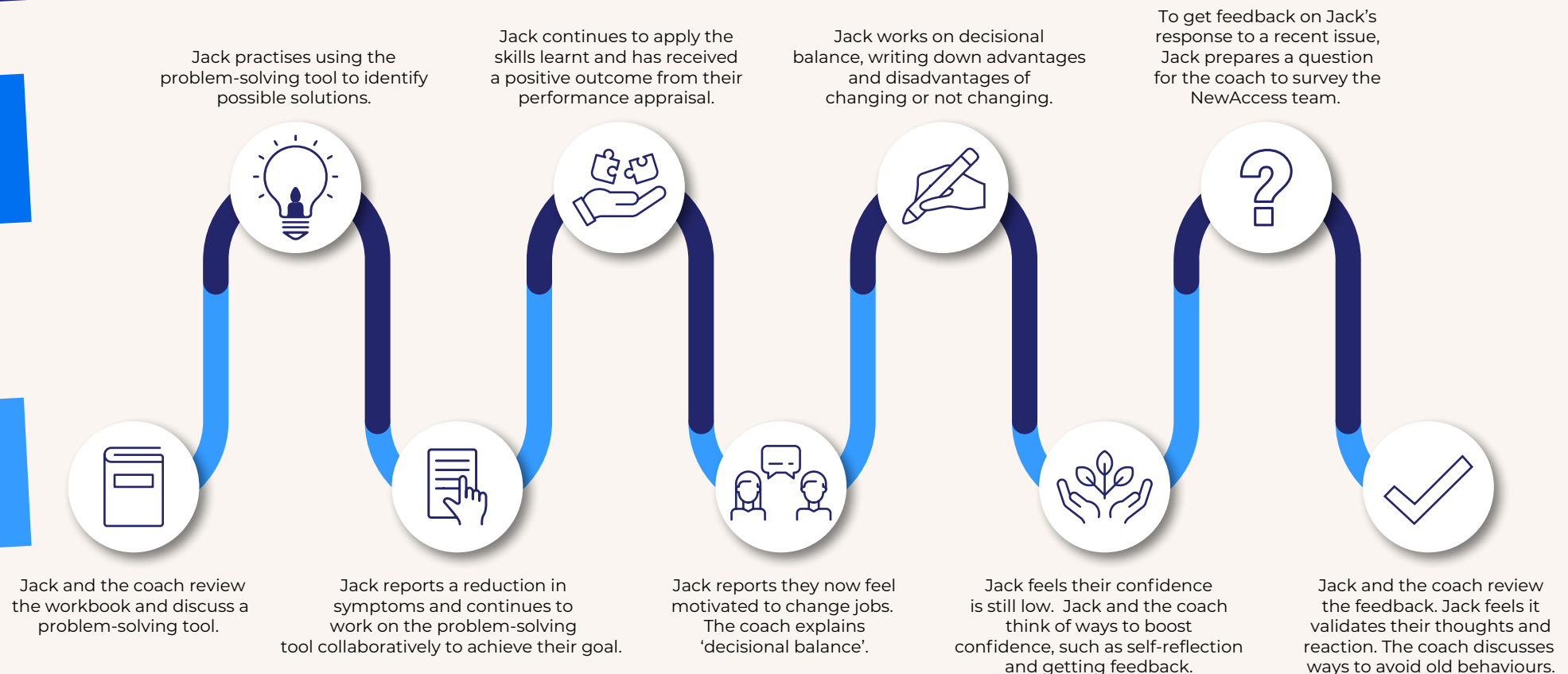
Jack's feelings lead them to withdraw, lose sleep and over exercise. They feel reactive in situations that seem unfair and then feel guilty about their reactions. The coach suggests using the problem-solving workbook. They discuss cycles of behaviour and how changing behaviours interacts positively with feelings and thoughts.

Treatment goal: To build my confidence.

How coaching worked for Jack

Real-life practice

Sessions with the coach



Outcome: By the end of the sessions Jack has reached their goal to build confidence – they no longer feel guilty about their reactions to situations.

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