

# What you have already tried

## The conclusion "I have tried everything" is rarely accurate.

The more accurate picture is usually 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 assessment

### 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 are often where the next move lives.

### THE SIX CATEGORIES

#### BODY

*sleep, exercise, breath, food*

#### MIND

*meditation, journaling, therapy, reading, courses*

#### TIME

*holiday, weekend off, longer break*

#### WORK

*time off, changing role, talking to manager, hours*

#### RELATIONSHIPS

*talking to 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 faster, more useful 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 judgment.**

### 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 usually "I have worked one domain very hard and not touched the others." Knowing which is which changes 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.

<p><b>BODY</b> <i>sleep, exercise, breath, food</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>	<p><b>MIND</b> <i>meditation, journaling, therapy, reading</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>	<p><b>TIME</b> <i>holiday, weekend off, longer break</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>
<p><b>WORK</b> <i>time off, role change, manager talk, hours</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>	<p><b>RELATIONSHIPS</b> <i>friends, leaning in, leaning out</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>	<p><b>OTHER</b> <i>alcohol, supplements, apps, substances</i></p> <p>WHAT I TRIED</p> <hr/> <p>WHAT HAPPENED</p> <hr/>

WHAT I HAVE NOT TRIED YET THAT MIGHT BE WORTH EXPLORING

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**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 & GREET**  
 Free  
 15 minutes  
 Online or in-person  
 No obligation