



“Tick - Tock” Adapted from *ThinkerToys* by Michael Michalko

“Tick; Tock is a powerful exercise designed to help you overcome your fears, doubts and uncertainties. In Tick – Tock you write out your fears, confront them head-on, and then substitute positive factors that will allow you to succeed.

BLUEPRINT

1. Zero in on and write down those negative thoughts that are preventing you from realizing your goal. Write them under “Tick”.
2. Sit quietly and examine the negatives. Consider how they may be irrational.
3. Substitute an objective, positive thought for each subjective, negative one. Write these under “Tock”.

Example of Tick-Tock exercise with negative then positive response.

TICK

Pursuing this idea is pointless, others are more experienced and skilled than I am, and I won’t succeed.

TOCK

This is all or nothing thinking. The idea doesn’t have to be a blockbuster-- big things come from small beginnings.

This idea is preposterous, I will be laughed at or criticized.

Even if the idea is rejected, people respect and admire those who are creative in their work. No pain, no gain.

“With the perfect amount of support and structure, a person can do just about anything.”

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