

Balancing Demands & Choices

1. Equal priority should be placed on demand and choice activities

Living your life to either extreme can have negative effects on your mood by reducing the amount of enjoyment or sense of achievement you experience

It is more common for individuals with low energy/ high levels of pain to prioritise demand activities and significantly reduce choice activities (therefore reducing pleasure/ enjoyment activities)

2. Prioritise yourself - be assertive

There will be many times when it is in your interests to impose a boundary around a particular activity or even say “no” altogether

The consequences of placing a boundary or saying “no” can be a short term stress for a longer term gain

If you are constantly placing the needs of others over yours, human behaviour normally dictates that this pattern of behaviour will continue unless you address it (you get what you put up with)

What message are you sending yourself if your needs always come last?

Who has to live with the consequences of overdoing things?

3. Are the ‘demands’ really so?

We tend to feel less resentful towards tasks/ others if we feel we have chosen to perform a particular activity rather than feeling obligated. Perceiving an activity as a “choice” can be more motivating and less stressful

Key Messages:

Prioritise yourself - balance demands with choice activities and don’t feel guilty about it.

Be assertive - you may need to impose a boundary around a particular task (including social goals) or even say “no” altogether.

Can you delegate entire tasks or aspects of a chosen task to someone else?

Challenge yourself whether the activity is actually a demand or whether it is a choice.