



## DR HARRY BARRY EXERCISES

### THE RATING GAME VERSUS SELF-ACCEPTANCE

#### **Try This Exercise:**

Over the next 12 weeks when you find yourself rating yourself, challenge it.

#### **Ask yourself these questions:**

- Am I rating myself or should I be rating my behaviour?
- How did I perform with this particular task?
- How could I be more accepting of myself?





## DR HARRY BARRY EXERCISES

### HOW TO SILENCE YOUR INNER CRITIC / PATHOLOGICAL CRITIC

#### **Try This Exercise:**

Over the next 12 weeks challenge your inner critic. When you hear your inner critic saying that you failed, challenge it, reach for your journal and write down the exact task that you failed at.

#### **Ask Yourself These Questions:**

- Did I really fail at this task? Rate your performance on the particular task out of 10.
- How could I improve my performance on this task?





## **DR HARRY BARRY EXERCISES**

### **HOW TO MANAGE SUCCESS & FAILURE**

#### **Try This Exercise:**

For the next 12 weeks journal times when you failed or felt you failed at a task.

#### **Ask Yourself These Questions:**

- What task did I succeed or fail at?
- What could I have done differently?
- What did I learn from this particular success or failure?





## DR HARRY BARRY EXERCISES

### HOW TO CHALLENGE PERFECTIONISM

#### **Try This Exercise:**

Over the next 12 weeks challenge yourself to be imperfect – a day with no makeup, shave only one side of your face. Go to the shop with two different shoes.

You will learn to become more comfortable with imperfections and not to care so much about what people think. In fact you might realise they are too busy with their own lives to see you!

#### **Ask Yourself These Questions:**

- How uncomfortable did I feel with imperfections?
- Did anyone notice the imperfections?
- Did my discomfort ease the more I carried out the experiment?





## **DR HARRY BARRY EXERCISES**

### **FLOODING VERSUS THE PHYSICAL SYMPTOMS OF ANXIETY**

#### **Try This Exercise:**

Over the next 12 weeks when you feel the rush of adrenaline or fear comes on. Use the flooding technique. Sit in a chair, breathe slowly and deeply and allow the feelings of fear, anxiety and whatever else may arise just wash over you. Recognise that there are no dangers attached with this adrenaline rush. This flooding will behave exactly like the tide - it will come and it will pass.

#### **When It Passes Ask Yourself These Questions:**

- On a scale of 1-10 (10 being the worst) how anxious did I feel?
- Did anything happen to me as a result of sitting through this?





## DR HARRY BARRY EXERCISES

### UNCERTAINTY

#### Try This Exercise:

- Over the next 12 weeks write down in your journal 5-10 items that you love to do everyday.
- Get a coin, every time you want to do something on your list of items, you must toss the coin.
- Heads you watch your programme, tails you don't.
- Same for your run, your yoga etc.
- You will learn to be ok with losing control and live with uncertainty.
- This exercise will test your patience but don't worry in real life the percentages are more in your favour.





## DR HARRY BARRY EXERCISES

### CATASTROPHIZING

#### **Try This Exercise:**

- For the next 12 weeks carry your journal with you. When you find yourself catastrophizing, interrogate the data rationally.

#### **Ask Yourself These Questions:**

- Have I absolute evidence that this is going to happen?
- Is this a drop or a puddle?





## DR HARRY BARRY EXERCISES

### EMPATHY

#### Try This Exercise:

- Over the next 12 weeks become aware of every interaction you come across.
- Recognise what happens when a person comes in contact with positive empathy, and when a person comes across a negative empathy circumstance.
- Journal your observations, how the people appear to react and how you feel as an observer.
- Now practice it yourself - practice being empathic and journal the outcomes.





## DR HARRY BARRY EXERCISES

### SOCIAL INTERACTIONAL ANXIETY

#### Try This Exercise:

- Over the next 12 weeks challenge this belief that people can see the physical symptoms of anxiety.
- In every social situation you are in, find the people who are socially anxious. You will find it very hard to find them. If you find it very hard to find them how can they possibly see you and your social anxiety.
- People are mostly too concerned about themselves to have time to notice anything else.





## DR HARRY BARRY EXERCISES

### PERFORMANCE ANXIETY

#### Try This Exercise:

- Over the next 12 weeks watch people giving a speech or presentation and after write down what they were wearing.
- You will find it very difficult to remember details.
- Most people will only remember 5% of you and your presentation.





## DR HARRY BARRY EXERCISES

### THE ART OF CONVERSATION

#### Try This Exercise:

- Over the next 12 weeks try the following questions in all your social encounters and journal the outcomes.

#### Scenario 1: You know the person:

- Ask them about something they are interested in ie their soccer team
- Show intense interest in their reply.

#### Scenario 2: You don't know the person.

- Ask these 3 questions in sequence and listen intensely to the person's reply.
- Where are you from?
- What do you do?
- What do you do in your free time?



# DR HARRY BARRY EXERCISES

## WORK / LIFE BALANCE

### Try This Exercise:

**In your journal write down the following 6 items and number them in order of what you prioritise right now:**

- Self
- Work
- Kids
- Wider family
- Hobbies & social media
- Personal relationships

**Over the next 12 weeks, take time to rearrange your life so that your priorities appear like this:**

- Self
- Personal relationships
- Kids
- Wider family
- Work
- Hobbies & social media

**Sit with your accountability partner on a Friday and go through how you spent your week.**

- Ask yourself:
- Did I prioritise my work/life balance this week?
- Which areas took over?
- Which areas need more attention next week?
- Work together to figure out how you will change your priority list the following week.





## DR HARRY BARRY EXERCISES

### FRUSTRATION

#### **Try This Exercise:**

When you find yourself frustrated over the next 12 weeks, in your journal.

#### **Ask Yourself These Questions:**

- What is my long term goal in this situation?
- What short term pain am I trying to avoid?
- How can I change my behaviour?





## DR HARRY BARRY EXERCISES

### CONFLICT MANAGEMENT

#### Try This Exercise:

Over the next 12 weeks, every time you are faced with managing a conflict use the Turtle Exercise.

#### What is the Turtle Exercise?

- The conflict begins, emotions are high. Stop, pause, breathe and retreat into the turtle shell.
- Explain: 'I can see that this is bothering you and I do want to resolve it but I just need to finish something so is it ok if I call you in 5 minutes?'
- Retreating into the shell will allow the emotional heat to seep out of the situation before you return to address the problem.
- You will then be able to engage in a joint problem solving approach.
- If possible don't get into the ring at all.





## DR HARRY BARRY EXERCISES

### MANAGING HURT

#### Try This Exercise:

Over the next 12 weeks when you encounter hurt and you feel like you want to lash out, do the following few steps:

- Use the turtle exercise- retreat into your shell for 5 minutes.
- After the turtle exercise, immediately address the situation. Do not let it fester
- Do not treat the hurt as a personal issue.
- Realise nobody is out to get you.
- Try to stop things before it gets too heated.
- Remember if I don't get into the ring I cannot fight.
- If the relationship is toxic and causing continuous harm, it might be better to end it.
- Only get into the ring when the pain is too high and you have exhausted all avenues.





## DR HARRY BARRY EXERCISES

### MINDFULNESS

#### Try This Exercise:

#### 3 Minute Mindfulness Exercise

- Once or twice a day go out to the garden and become mindful of your surroundings.
- Sit up straight, close your eyes and just focus on the thoughts in your head for 3 minutes.
- Do not try to change them, just become aware of them and breathe for 3 minutes.





## DR HARRY BARRY EXERCISES

### MINDFULNESS

#### Try This Exercise:

#### 2 Minute Mindfulness Exercise

- For 1 minute: Focus on your breathing. Don't change it just be aware of it for 1 minute.
- For 15 seconds: Become aware of your right arm and right hand.
- For 15 seconds: Become aware of your left arm left hand.
- For 15 seconds: Become aware of your right leg and right foot.
- For 15 seconds: Become aware of your left leg and left foot.
- At the end of the 2 minutes you will have taken your attention away from your thoughts.

