

DEPRIVATION ACCOMMODATION TRAINING

Many times you may find yourself in situations where you will feel deprived. Deprivation is a difficult feeling to bear, especially if you routinely have to face not getting what you want. You can learn to co-exist with such an unwanted situation by managing what you say to yourself. Below is a self-dialogue to help you accommodate to being deprived. Remember: You can still try to change a situation so you are not deprived, but until that occurs you will need to know how to accept not getting what you want.

PREPARING FOR DEPRIVATION

I may not get what I want in this situation. Get ready if that should occur.
Do not fall into getting mad. Cope with being deprived.
Do not begrudge others, life, fate, or God because I am not getting what I think I deserve. Life is not fair. I was not promised fairness.
Do not have an expectation for what I should get out of this situation when that expectation cannot be met.
Put my expectations aside and live with what will happen, what will be.
If I should be deprived, bear up to it.
I would like to have what I want but getting what I want in this situation is not essential to having a satisfying life. I can find my own happiness in other ways.

SELF-TALK WHEN DEPRIVATION OCCURS

Things are not working out the way I wanted. I do not like that.
Accept the fact I will not get what I want in this situation. Tolerate not getting my way.
This is another situation where I will be deprived. I cannot change that reality.
Accommodate to not being pleased. Deprivation in varying degrees is something I must now co-exist with in my life.
I am having more deprivation than before I became sick. That is now a given. Allow for that.
I do not have to get what I want. I would like to but it is not a must.
Do not hate being deprived. That will only add to my pain.
I do not like the fact that more deprivation is part of my existence now but that will be the case. Bear-up to that fact.
Being deprived does not have to cause me to feel badly or ruin my life.
Move on and do not dwell on not getting my way. Do not get stuck lamenting what I do not have.

SELF-TALK FOLLOWING DEPRIVATION

Am I holding a grudge because I did not get what I wanted?
Am I blaming anyone because I did not get my way?
Let go of the anger. Do not fight against the fact that I will have to face deprivation more than I want now, due to my disease.
Put my attention on what can be satisfying to me and what I can do to please myself.