

Paradoxical Intention Worksheet

Name:

Date:

Step 1: Identify the Fear or Behaviour

1. What behaviour, feeling, or fear would you like to reduce or change?
(Example: I fear public speaking, I struggle with insomnia, etc.)

Step 2: Understand the Current Struggle

2. How does this fear/behaviour make you feel?
(Example: anxious, tense, frustrated, etc.)

3. When you try to avoid or resist this fear/behaviour, what happens?
(Example: the fear gets stronger, the problem worsens, etc.)

Step 3: Introduce Paradoxical Intention

4. What would happen if you deliberately tried to make the problem worse?
(Example: instead of trying to sleep, you stay awake as long as possible, or instead of avoiding speaking, you intentionally exaggerate the situation.)

5. How could you exaggerate or intensify the behaviour?
(Example: Stay awake longer, exaggerate the fear, etc.)

Step 4: Set an Intention to Practice

6. Choose an action or attitude that reflects the paradoxical intention.
(Example: "I will try to stay awake for an extra hour tonight," or "I will exaggerate my fear of speaking in public.")

7. Set a specific time or situation when you will apply the paradoxical intention.
(Example: "I will practice this tomorrow evening before bed.")

Step 5: Reflection After the Experience

8. How did you feel before trying the paradoxical intention?
(Example: anxious, uncertain, frustrated, etc.)

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9. How did you feel during the process of applying the paradoxical intention?
(Example: relieved, amused, detached, etc.)

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10. What was the result?
(Example: Did the fear lessen? Did the unwanted behavior change? Was there a shift in perspective?)

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11. What did you learn from this experience?
(Example: "By not resisting the fear, I was able to relax," or "By not focusing on staying awake, I fell asleep naturally.")
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- SOLACE SHELTER

Notes for the Therapist:

- Encourage the client to be playful and open-minded with the technique.
- The paradoxical intention can be adapted for various issues, from anxiety to habits and even chronic pain.
- Use this worksheet to reflect on the experience and track progress over time.