

DO Therapy

Build the Evidence

Practicing Agency. Knowing that you have agency is helpful. **Experiencing it is better.** This exercise isn't about convincing yourself that you can handle difficult things. You're going to **collect evidence**.

The idea is simple: **Choose something slightly difficult. DO IT.**

Review what happened. Then make it a little harder. **DO IT AGAIN.**

Agency develops through experience.

NOTICE

Choose something you've been:

- Avoiding
- Putting off
- Unsure about
- Nervous to try
- Assuming you can't do
- Waiting to feel confident enough to attempt

Keep the first challenge manageable. We aren't starting with the hardest thing you can imagine.

We're looking for something that makes you think: **"I could probably do that, but it would stretch me."**

My Challenge

- What am I going to try?
- What makes this difficult for me?

Before you do it, make a prediction. **What do I think will happen?**

How capable do I feel right now?

0 — I don't think I can do this 1 2 3 4 5 6 7 8 9 10 - I'm confident I can handle this

Don't wait for the number to become a 10. The exercise starts by **doing**.

DO IT

Now try it. Not perfectly. Not confidently. Just intentionally. Pay attention to what happens when difficulty shows up.

Did you:

- Keep going?
- Problem-solve?
- Ask for help?
- Adjust?
- Tolerate discomfort?
- Make a mistake and recover?
- Discover something you didn't know?

- Realize the situation wasn't as difficult as predicted?

Remember: **Success isn't the only evidence of agency.** Responding to difficulty is evidence too.

REVIEW THE GAME TAPE

Afterward, slow it down.

- **What actually happened?**
- **How was that different from what I predicted?**
- **What did I do that helped?**
- **What did I figure out along the way?**
- **Where did I get stuck?**
- **What would I do differently next time?**

Now rate yourself again. **How capable do I feel after having done it?**

0 — I don't think I can handle this 1 2 3 4 5 6 7 8 9 10 — I can handle this

The number doesn't have to increase.

You're collecting **information**, not trying to produce a particular score.

FIND YOUR AGENCY

Look back at what happened through three lenses.

EFFICACY — NOW

- What did I demonstrate that I can do?

OPTIMISM — NEXT

- What feels more possible now than it did before?

IMAGINATION — OPTIONS

- What other move could I try next?

INCREASE THE DIFFICULTY

Now build another rep. Don't jump from Level 2 to Level 10. Move to **Level 3**. Make the challenge slightly harder.

You might:

- Do it for longer.
- Do it without as much preparation.
- Try it in a different environment.
- Ask for something slightly more difficult.

- Increase the physical challenge.
- Have the next conversation.
- Attempt another part of the task.
- Use less reassurance.
- Solve more of it yourself.
- Try something you haven't done before.

My Next Rep

What will make the next attempt slightly harder? Then: **DO IT AGAIN.**

BUILD REPS

Agency doesn't usually come from one big breakthrough. It develops through repetitions.

- **REP 1 - Challenge = What I learned**
- **REP 2 – Challenge = What I learned**
- **REP 3 – Challenge = What I learned**
- **REP 4 – Challenge = What I learned**

WATCH THE STORY CHANGE

As you practice, listen for changes in your language.

- **FROM:** "I can't do this." **TOWARD:** "I haven't done this before."
- **FROM:** "What if this goes badly?" **TOWARD:** "If it gets difficult, I'll figure out my next move."
- **FROM:** "That didn't work." **TOWARD:** "What did that attempt teach me?"
- **FROM:** "I don't know what to do." **TOWARD:** "What's one thing I could try?"
- **FROM:** "I need to feel confident first." **TOWARD:** "Confidence may come after I build some evidence."

TEST & LEARN

You aren't trying to prove: **"I can do anything."** You're practicing something much more useful: **I can encounter difficulty and respond.**

- Some attempts will work.
- Some won't.
- Sometimes you'll need help.
- Sometimes you'll change direction.
- Sometimes you'll discover the goal wasn't worth pursuing.

That's still agency. The goal isn't certainty. It's developing the experience: **I can participate in what happens next.**