

Exercise: Tracking the failure of success

Try filling in the following chart, either by completing it in writing or just thinking about what would go on each line. In the first column, note achievements, successes, or personal milestones that made you feel good about yourself at different points in your life. In the second, rate how important they were for you on a scale from 1 to 5, where 1 = mildly and 5 = very. Finally, in the third column, note about how long the accomplishment sustained you before you found yourself looking for something else to give you a boost. (Adjust the age ranges to fit your situation and draw your own table if you need more space or print out the one available at giftofbeingordinary.com or guilford.com/siegel4-materials.)

TRACKING THE FAILURE OF SUCCESS

Accomplishment	Importance (1-5)	Duration of boost
Age 1-5		
Age 6-12		
Age 13-18		

Accomplishment	Importance (1-5)	Duration of boost
Age 13-18 <i>(continued)</i>		
Age 19-30		
Age 31-40		
Age 41-50		

Accomplishment	Importance (1-5)	Duration of boost
Age 51-60		
Age 61-70		
Age 71-80*		

*Hopefully we quit trying to boost our feelings about ourselves with successes after 80, but feel free to continue the chart if necessary.

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