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Empty – Running Out of Gas

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Ever feel empty? I mean that drug down, tapped-out, bottom of the barrel, the well’s dry, running on fumes kind of empty. Most of the times when we’re exhausted we can reach way down and pull up some morsel of energy to get us through. There’s that reserve, that back-up that we can typically reach into when we need to in those desperate moments. But what about the times when even that’s gone; when there is no reserve? What about the times when we’re left stranded, lying pathetically flat on our backs because we have no energy to do anything else? What about those times?

So what’s a person to do? If you’ve not experience this kind of fatigue, you will. And if you are experiencing it, you may feel hopeless. So to the question . . . what do you do?

List three activities that you find restful, restorative and relaxing:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What percentage of time do you actually engage in these activities?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time Actually Engaged in These Activities

What percentage of time do you think you should engage in these activities in order to stay healthy and rested?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time I Should Engage in These Activities

In noting the differences in these two scales, what two observations have you drawn?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Based on your observations, what are three changes can you initiate right now?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How committed are you to initiating these changes and maintaining the changes on a consistent basis?