



HOPE Senior Peer Mentor Program

Which workbook should you use first?

There is no right or wrong way to use the workbooks. Many people find it helpful to read the first two workbooks *Starting Out* and *Understanding Why You Feel As You Do*. This is because these workbooks give you an overview of the approach.

Working through these workbooks will also help you to decide which of the remaining workbooks you should read. You can use as many or as few workbooks in the series as you wish. You will feel most motivated to try to make changes, if you use the workbooks that tackle problems you have noticed in your life and that you yourself want to change.

There is no right or wrong choice of workbooks to use, or a set course you must complete. The key to creating change in your life is *using* the workbooks that address problems relevant to you, and *putting what you learn into practice*.