**2. Katie Martin’s Show**

**Guest: Dr. Collin Goldberg**

**Part A**

Katie Martin: Welcome to our show! I’m your host, Katie Martin. We all have things that we need to do and here is the problem a lot of times we don’t like the things we need to do. So, what’s the solution? Well, today we are talking to Doctor Collin Goldberg, and he has some ideas. Welcome to the show, Dr. Goldberg.

Dr. Goldberg: Thanks, Katie! It’s great to be here.

Katie Martin: So, Dr. Goldberg tell us about some of your ideas.

Dr. Goldberg: Sure. Here’s the first one: “When you need to do something you hate, do something you like at the same time.” For example, if you hate to wash the dishes then do something you love while you wash the dishes. Wash the dishes and watch TV or wash the dishes and talk to a friend on the phone.

Katie Martin: That way you are not thinking about the activity you don’t like.

 Dr. Goldberg: Exactly.

Katie Martin: That seems pretty easy.

**Part B**

**Katie Martin:** Do you have any other tips?

**Dr. Goldberg:** Sure! Here’s another idea: “Put a time limit on the activities you hate to do”

**Katie Martin:** A time limit?

**Dr. Goldberg:** Exactly, for example, say it’s one o’clock and you need to clean the house. Decide what time you are going to finish cleaning, say… three o’clock. When it’s three o’clock, you stop.

**Katie Martin:** That’s it?

**Dr. Goldberg:** Yes. It’s an extremely simple idea, but it works. When you have a time limit you know when the activity is going to end, and that can help a lot.

**Katie Martin:** That makes sense.

**Dr. Goldberg:** Right. And here is one more: “After you do something you hate; do something you like”. For example, if you hate to do laundry but you love to read then say to yourself “I’m going to do the laundry, then I’m going to read for half an hour”.

**Katie Martin:** Dr. Goldberg, these sound like really good ideas. We have to take a break now, but we’ll be back in a moment with more ideas…