

MY COPE AHEAD PLAN

It can be helpful to create a cope ahead plan for potentially difficult situations

Briefly describe the situation you are planning for:

Thoughts: (What thoughts do you notice before or during the situation?)

Behaviours: (what do you feel like doing before or during the situation?)

Physical signs & symptoms (what do you notice in your body when you are thinking about the situation or when you are in the situation?)



Emotion?

✓ **Skills I can use for my thoughts:**

✓ **Skills I can use for my behaviours:**

✓ **Skills I can use for my physical sensations/emotion:**

✗ **What I might do that may be UNHELPFUL in this situation:**

✗ **What others might do that may be UNHELPFUL in this situation:**

✓ **What others can do that could be HELPFUL in this situation:**

SELFCARE

Is there anything you can do to reduce your vulnerability to emotion before and during the situation?



Be Kind To Yourself  	Exercise Regularly  
Take up a hobby/ Learn a New Skill  	Eat Healthily & Regularly  
Help Others  	Relax   
Have Fun/Be Creative  	Balance Sleep  
Connect with Others  	Beware drink and drugs  



Considering the above, my selfcare plan is...

Write out how you will deal with the situation, what skills will you use? What will you say? What body language will you use? Remember and Be Specific!

PRACTICE!

Rehearse in your mind coping effectively with the situation. Imagine the situation going well. Imagine exactly what you will do to cope in the situation. Rehearse your actions, your thoughts, what you say, and how to say it.

What new problems may arise? Rehearse coping effectively with these.

What is your worst fear of what may happen? Rehearse coping effectively if the worst does happen. What will you do?

How will you relax or re-regulate after the situation has ended?

Remember to reflect on the situation afterward. How do you think it went? Would you do anything differently? If so, what?