

PLANS B & C FOR COPING WITH BAD FEELINGS

It's always good to have a backup plan. Use the form below and the skills you've learned in these groups to come up with alternative plans for dealing with negative thoughts and sad feelings. Think about situations that tend to cause bad feelings and develop three different plans to cope with those situations. First, fill out the left side of the form with your three plans. Then, use the right side of the form to work your way through a problem the next time one arises – start with Plan A, if it's unsuccessful, move to Plan B and so on.

Planning Ahead *(complete ahead of time)*

Putting the Plan in Action *(complete when a problem arises)*

<p><i>Think About:</i> What might happen this week to make me feel bad? <i>Look through mood diaries for typical activating events.</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Describe what happened.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>PLAN A</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">PLAN A</p> <p>Did I try Plan A? YES NO</p> <p>Did I try REALLY hard? YES NO</p> <p>Did it help me feel better? YES NO</p>
<p>PLAN B</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">PLAN B</p> <p>Did I try Plan B? YES NO</p> <p>Did I try REALLY hard? YES NO</p> <p>Did it help me feel better? YES NO</p>
<p>PLAN C</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">PLAN C</p> <p>Did I try Plan C? YES NO</p> <p>Did I try REALLY hard? YES NO</p> <p>Did it help me feel better? YES NO</p>