

# PLANS B & C FOR COPING WITH BAD FEELINGS

## 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> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	<p>Describe what happened.</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
<p><b>PLAN A</b></p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	<p style="text-align: center;"><b>PLAN A</b></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><b>PLAN B</b></p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	<p style="text-align: center;"><b>PLAN B</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><b>PLAN C</b></p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	<p style="text-align: center;"><b>PLAN C</b></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>