Coping-Ahead Script

Scenario Description

Who, where, when, and what usually happens? Include sensory details: _____

_____

_____

Likely Thoughts & Feelings

List automatic thoughts and predicted SUDS (0-100): _____

_____

_____

Coping Skills

Select 1 mental + 1 behavioural skill you'll use: _____

_____

_____

IF-THEN Plan

Write your plan using the format: 'If [trigger], then I'll [skill #1] and [skill #2]: _____

_____

_____

Visualisation Notes

Describe the scene and how you'll insert the coping skills: _____

_____

_____

Positive Data Preview

Picture a realistic, decent outcome: _____

_____

_____

Confidence Rating

0-100% belief you can follow the plan. Tweak wording if < 70%: _____

_____

_____

Debrief After Event

What happened? What was your new SUDS? What would you change next time?: _____

_____

_____