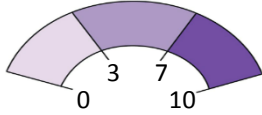


MY PLAN		
√	<b>I am feeling:</b>	<b>My feeling level is at a: (Lightest) 0 – 10 (Heaviest)</b>
	<b>Mad</b>	
	<b>Sad</b>	
	<b>Other:</b>	
<b>My urge to cope in an unhelpful way is at a:</b>		
 <p>If my urge is at a 7 or higher, I will go to my teacher, parent or a trusted adult for support.</p>		
<b>My brain is thinking:</b>		
√	<b>Type of Thought</b>	<b>My Heavy Thoughts</b>
	<b>“Bad Mouth Brandy”</b> Thinking I’m bad	
	<b>“Blaming Blake”</b> Blaming myself	
	<b>“Shoulda Sharonda”</b> Thinking I should be doing better or more	
	<b>Other:</b>	
<b>Ways to lighten my thoughts and feelings:</b>		
	<b>A helpful thought about myself</b>	
	<b>A helpful thought about the situation</b>	
	<b>I can do this now to feel better</b>	
	<b>I can do this later to feel better</b>	
<b>I will use this coping skill now:</b>		
	<b>Muscle Relaxers</b>	<b>Belly Breaths</b>
	<b>Channel Switching</b>	<b>Other:</b>