

'If / Then' Planning Worksheet

If / Then planning is a technique to help you plan ahead for things that could take you off track and how you will handle them ahead of time.

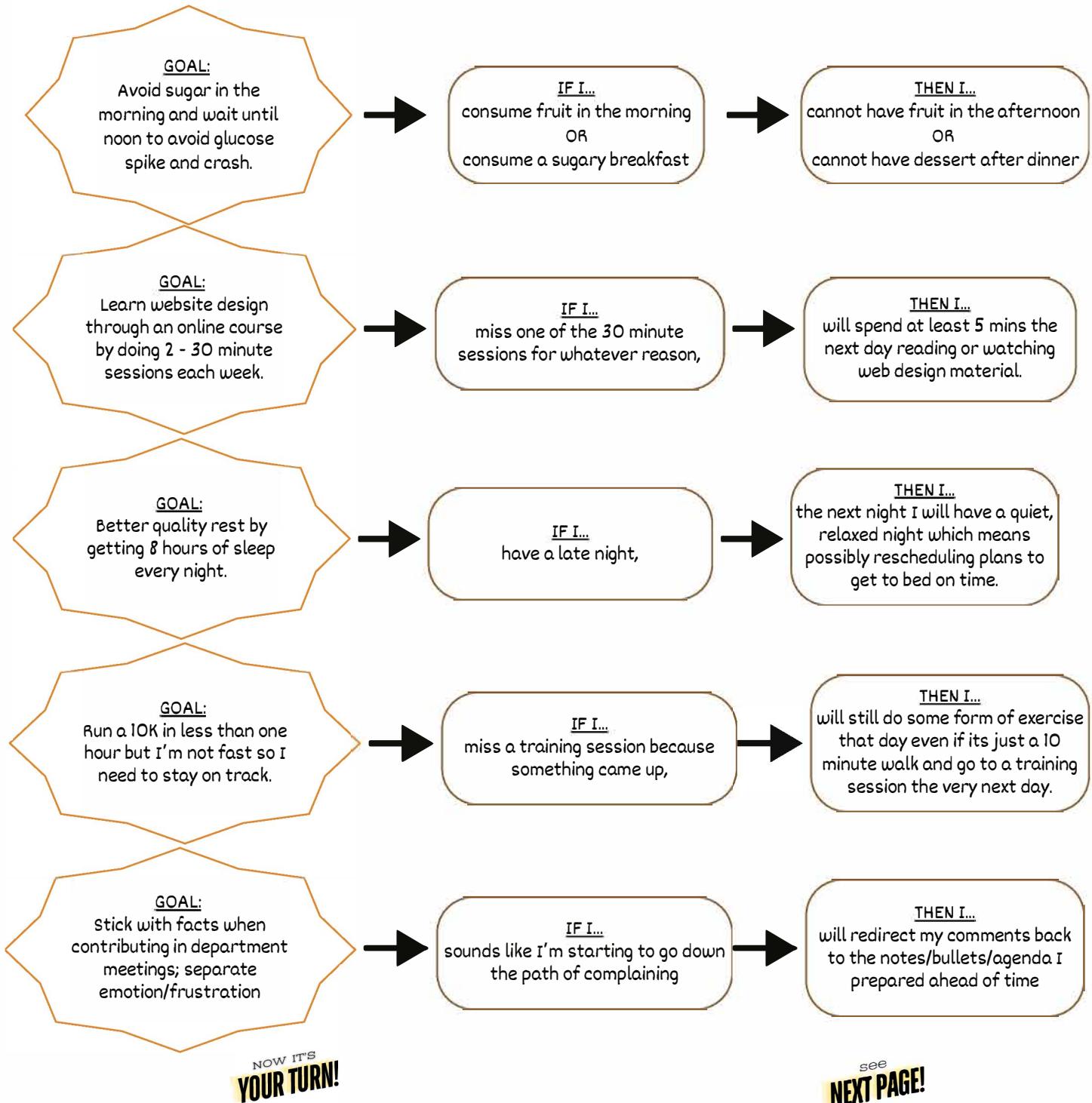
Benefits

- More likely to stick with commitments
- Helps with managing triggers
- Reduces feelings of anxiety

See examples and question guides below to help you create your own plan.

1 - What's the goal/task?

2 - What's the plan if you don't do it?



Practice 'If / Then' Planning Worksheet

Name: _____

Date: _____

