

Example Form 13.2: Practice Plan

Use this form to generate a plan for continuing to practice these skills after you've completed this program.

	Mindful Emotion Awareness	Cognitive Flexibility	Confronting Physical Sensations	Countering Emotion Driven Behaviors
<i>How will practicing this skill help you achieve your long-term goals?</i>	By working on being more present in the moment, I will be able to enjoy my time with friends and family more	By not jumping to conclusions and assuming someone is upset with me, I won't spend as much time ruminating	If I'm less freaked out by my heart racing, it won't distract me so much when I am giving presentations	Being less of a people-pleaser will help me say "no" and spend more time with my family
<i>What is your specific practice plan for this skill?</i>	When I get home from work at the end of the day, before I get out of my car, I will spend a few minutes checking in with myself and anchoring in the present moment	Every time I feel anxious that someone is upset with me because of a text or an email, I will write out 5 other possibilities (like they were in a rush or having a bad day)	When I am returning to the office from lunch, I will take the stairs instead of the elevator	When someone asks me to do something and I can't do it, I will respond the same day
<i>How can you hold yourself accountable to your practice plan?</i>	I will put a sticker next to my car ignition button to help remind me of my practice plan before I turn my car off	If I send my best friend a screenshot or forward an email asking for her thoughts, she will ask me whether I made my list of other possibilities first	I will text my husband a selfie of me in the stairwell each day	I won't leave work until I let the person know I can't do it