My ABC PLEASE Plan

Lower my vulnerability to emotion mind with one small, specific step for each skill this week.

ABC: build a life with fewer emotional ambushes

A — Accumulate positives
One pleasant thing a day, done mindfully. One step toward a value.

My step: _____

B — Build mastery
One thing a day that makes me feel capable. Hard but possible.

My step: _____

C — Cope ahead
Rehearse a plan for a hard situation before it happens (page 3).

My step: _____

PLEASE: take care of my mind by taking care of my body

PL — Treat PhysicaL illness
Appointments, medicine as prescribed, rest when sick, treat pain.

My step: _____

E — Balance Eating
Not too much, not too little. Regular meals, no long hungry gaps.

My step: _____

A — Avoid mood Altering substances
No nonprescribed drugs, alcohol in moderation if at all, watch caffeine.

My step: _____

S — Balance Sleep
Enough hours to feel good, same wake up time, a calm wind down.

My step: _____

E — Get Exercise
Some movement every day, building up gradually toward 20 minutes.

My step: _____

What makes me more vulnerable? Tick what was true before my last hard day.

- ☐ Short or broken sleep
- ☐ Skipped meals
- ☐ Sick or in pain
- ☐ Alcohol or drugs
- ☐ Too much caffeine
- ☐ No movement
- ☐ Nothing fun lately
- ☐ Feeling useless

The one I will work on first: _____

Someone or something that can help me with it: _____

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PLEASE Skills Daily Tracker

Tick what I did each day. Rate mood and how emotionally raw I felt (0 = calm and steady, 10 = on edge).

Week of: _____ Tick = I cared for it today. Write numbers where asked.

Day	PL health	E eating	A substances	S hours	E minutes	Pleasant event	Mastery task	Mood 0 to 10	Raw 0 to 10
Mon	☐	☐	☐						
Tue	☐	☐	☐						
Wed	☐	☐	☐						
Thu	☐	☐	☐						
Fri	☐	☐	☐						
Sat	☐	☐	☐						
Sun	☐	☐	☐						

Week review: look for my pattern

My most raw day was: _____

Before it, my sleep, eating, health and substances looked like: _____

The letter that seemed to make the biggest difference: _____

What helped my mood most (pleasant event or mastery): _____

My one goal for next week: _____

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Cope Ahead Worksheet

Plan and rehearse for a hard situation before it happens, so the skills are ready when I need them.

1 The situation

Facts only: where, when, who, what will likely happen

2 Emotions and urges I expect

Tick or write my own

- [ ] Anger
- [ ] Fear
- [ ] Shame
- [ ] Sadness
- [ ] Jealousy
- [ ] Hurt
- [ ] Panic
- [ ] Numb

The urge that could get me in trouble: _____

3 Skills I will use

Before, during and after

- [ ] STOP
- [ ] Paced breathing
- [ ] TIPP
- [ ] Check the facts
- [ ] Opposite action
- [ ] Wise mind
- [ ] DEAR MAN
- [ ] Self-soothe after

Other: _____

4 What I will say and do

My exact words help

5 If it goes worse than I expect

A new problem and how I'll cope with it

6 Rehearse, then relax

Eyes closed, as if it's happening now

- [ ] Imagined the scene vividly, in the present
- [ ] Rehearsed coping well, start to finish
- [ ] Rehearsed a new problem coming up
- [ ] Relaxed afterward (slow breathing, 2 minutes)

Confidence before: ____ / 10 **Confidence after:** ____ / 10

Cope ahead is for hard situations, not emergencies. If you might act on thoughts of suicide or self harm, in the US call or text 988 any time (988 Suicide and Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911 if you are in immediate danger.

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