ALTERNATIVE THOUGHTS AND ACTIONS

1. Dark or Distressing Thoughts	2. Alternative Thoughts	3. Alternative Actions
What are the thoughts (words, images, memories) that made me feel distressed?	*What I will tell myself (as reasonable alternatives to the distressing thoughts):* *What would I say to a close friend who was feeling this way?*	*What I have done in the past that helped:* *My coping resources:* *What I will do to help calm and soothe myself:* *What I can I do for the next 20 minutes (and give it my full attention):*
4. Call for help (if still necessary) *If I still feel overwhelmed and out of control, I will I call, and/or go to:* *E.g., Friend / relative, Health professional, Helpline*	*Coping statements, positive self-talk:* *What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future?*	*To help me cope, I can choose to do things for 20 minutes at a time. If nothing helps, then I can go to step 4*