

# PLANNING EACH STEP



What is the step?

When will I do it?

How do I think it will feel?

What will I tell myself/do to help calm myself?

What could go wrong?

What will I do if that happens?

**After the step (do this after you've tried a step in your plan)**

How did it go?

If it didn't go to plan, what will I do differently next time?

Shall I repeat the step or go on to the next one?