

Toolbox Handout 11: ABC PLEASE



This week's skills focus on 'vulnerability factors', what is meant with this term?

Self-Reflection: Do you currently engage in some kind of pleasant activity every day? Why or Why not?

Identify 3 Pleasant Activities / Experiences you engage in:

- 1.
- 2.
- 3.

Compare the two types of Building Mastery, and give an example from your own life for each:

Type 1: _____ **Vs.** **Type 2**

Example:

Example:

How does Coping Ahead fit into Emotion Regulation?

What does the Acronym PLEASE include?

- P _____
- L _____
- E _____
- A _____
- S _____
- E _____

Choose something you can do for each component of PLEASE:

- P _____
- L _____
- E _____
- A _____
- S _____
- E _____

----- At Home Practice: -----

This week aim to practice EACH component of ABC PLEASE

A: Every day of the next week, engage in, or notice, one pleasant activity you participated in:

Mon: _____
Tues: _____
Wed: _____
Thur: _____
Fri: _____
Sat: _____
Sun: _____

B: Identify one of your goals, and two ways you can practice building mastery this week:

Goal: _____
1. _____
2. _____

C: Identify a stressful situation that may occur this week, identify steps you can take to Cope Ahead

Rate How you felt Before: _____/10 . Rate How you felt After: _____/10

PLEASE: Choose two Please Skills to intentionally practice during the week

1. _____ 2. _____

DESCRIBE what you did for the 1st PLEASE skill you chose above:

DESCRIBE what you did for the 2nd PLEASE skill you chose above:

