



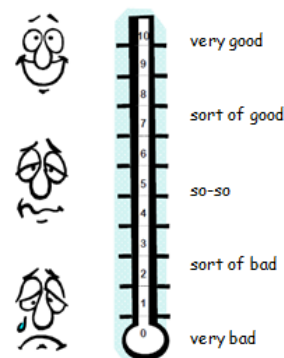
Practising My New Skills

When you feel bad, try using the skills you have learned. Write a skill for Plan A, Plan B, and Plan C below. Then write how you think it will help. After you try each one, write down that you did it and give a **Feelings Thermometer** rating. Remember: don't give up – keep trying until you feel better!

What's making me feel bad: _____

My **Feelings Thermometer** rating right now: _____

What I would like my rating to be: _____



New Skill I Will Try	How It Will Help	How Did It Go?
Plan A:		Did I try Plan A ? Yes No My rating after Plan A : _____ Am I done trying? Yes No
Plan B:		Did I try Plan B ? Yes No My rating after Plan B : _____ Am I done trying? Yes No
Plan C:		Did I try Plan C ? Yes No My rating after Plan C : _____ Am I done trying? Yes No