
SELF-CARE PLAN

1. Behaviors that indicate that I am troubled:
2. Emotional/Interpersonal triggers that can cause these behaviors:
3. Typical high-risk situations that can trigger these behaviors:
4. Apparently irrelevant decisions (decisions which seem unrelated but which serve to facilitate unhealthy behaviors):
5. Cognitive distortions/irrational thinking (What things do I say to myself when I am troubled?):
6. What has reinforced these negative behaviors in the past?
7. When I am troubled, what is the best possible outcome?
8. When I am troubled, what is the worst possible outcome?

9. When I am troubled, what is the likely outcome?

10. What are my coping resources? What can I do to begin to feel better?

11. What are the benefits of these positive behaviors?

12. What are my internal coping resources?

13. What are my external resources?

14. How will I take care of myself when I am troubled? (List activities in the order that you plan to do them.)