



The ABC PLEASE skill is about taking good care of ourselves so that we can take care of others. When we take good care of ourselves, we are less likely to be vulnerable to disease and emotional crisis.

## Cope Ahead

The Cope Ahead Skill involves rehearsing a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

Describe the situation that is likely to prompt problem behavior:

- › Check the facts. Be specific in describing the situation, name the emotions and actions likely to interfere with using your skills

Decide what coping or problem-solving skills you want to use in the situation:

- › Be specific, write out in detail how you will cope with the situation and with your emotions and action urges. Imagine the situation in your mind as vividly as possible

Imagine the situation in your mind as vividly as possible:

- › Imagine yourself in the situation now, not watching the situation

Rehearse in your mind coping effectively:

- › Rehearse in your mind exactly what you can do to cope effectively
- › Rehearse your actions, your thoughts, what you say, and how to say it
- › Rehearse coping effectively with new problems that come up
- › Rehearse coping effectively with your most feared catastrophe

Practice relaxation after rehearsing:

- › Use deep breathing, use muscle relaxation
- › Congratulate yourself for having accomplished the task

## Practice

Define; in your own words, what the “Cope Ahead” skill is?

---

---

Over the next week practice using this skill. Describe the situation that you recognized as something that would be problematic, then describe how you used the Cope Ahead Skill to cope:

---

---

---

---

How effective was this skill? What might make it better?

---

---

---

---