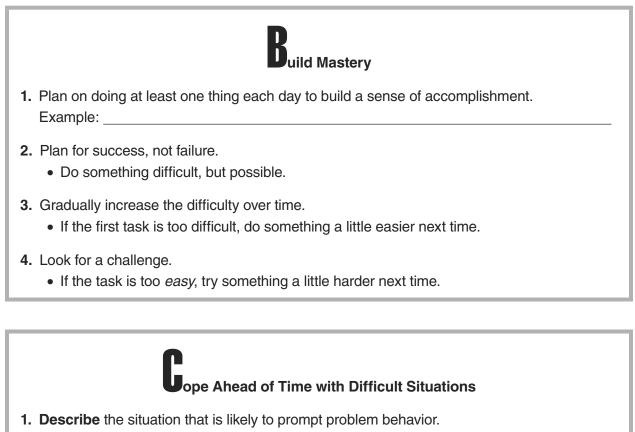


Build Mastery and Cope Ahead



- Check the facts. Be specific in describing the situation.
- Name the emotions and actions likely to interfere with using your skills.
- 2. 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.
- 3. Imagine the situation in your mind as vividly as possible.
 - Imagine yourself IN the situation NOW, not watching the situation.

4. 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.
- 5. Practice relaxation *after* rehearsing.

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