

DISTRACTION PLAN

Identify 10 distraction skills that you're willing to use the next time you're in a situation that's causing you pain and discomfort. These are the first steps you'll use in your plan to distract, relax, and cope.

The next time you are in a distressing situation, you can pull out your list to remind yourself of your distraction plan.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____