

## Building Mastery and Coping Ahead

### **B**UILD MASTERY

1. Do at least one thing each day to feel competent and in control of your life. The idea is to challenge yourself a little, get better at something, or cross something off your "to-do" list. Examples: Put together a piece of furniture, practice your instrument, get one HW assignment done, start a project.

Example: \_\_\_\_\_

2. Plan for success, not failure.
  - Do something difficult, *but* possible.
3. Gradually increase the difficulty over time.
  - If the first task is too difficult, do something a little easier next time.

### **C**OPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS

**Rehearse a plan ahead of time so that you are prepared when there is a threat.**

1. **Describe** a situation that is likely to create negative emotions.
  - Be specific in describing the situation. **Check the facts!**
  - Name the emotions you are likely to experience in the situation.
2. **Decide** what DBT skills (including **problem-solving**) you want to use in the situation.
  - Be specific. Write them out: \_\_\_\_\_
3. **Imagine the situation** in your mind as vividly as possible.
  - Imagine yourself *in* the situation *now*.
4. **Rehearse coping effectively in your mind.**
  - Rehearse exactly what you could do to cope effectively in your mind.
  - Rehearse your actions, your thoughts, what you say, and how to say it.
  - *Troubleshoot*: Rehearse coping with problems that might arise.

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