



Planning for Internal Pitfalls

Using your internal pitfalls worksheet from yesterday, write down TWO moods, emotions, or feelings that you think are your highest risk, and write down THREE possible coping strategies that you could try next time they come up.

Possible Pitfall	Coping Strategy 1	Coping Strategy 2	Coping Strategy 3
1.			
2.			

Rehearse yourself and commit to trying these strategies.

INNER CRITIC AND INNER SABOTEUR

Are you aware of an inner voice that can make you feel negative or bad about yourself? Write down TWO things that you think about yourself or say to yourself that might lead you to give in to a craving, or even completely abandon your MOB.

Walk through the steps of challenging these thoughts - look for evidence that the thought is true, that the thought is logical, and whether it is helpful for your MOB.

If you are struggling ask yourself 'What would I say to my best friend if they said this or felt this way?'

Negative Self-Talk	1.	2.
What evidence do you have that this is true?		
Is it logical to think this?		
Is it helpful to think this?		
What is a more logical and helpful way of thinking?		

Rehearse and commit to saying these things to yourself next time your negative internal voice pipes up.