



My Action Plan¹

Dear _____²

I know you probably will not be keen on this idea, but I think it is very important for you to take action as soon as you or those around you notice these signs that tell you that things are beginning to get out of control:

1. _____ 2. _____
 3. _____ 4. _____
 5. _____

I recommend the following action:

- **STEP 1** Begin with a breathing space.
- **STEP 2** Use these practices to gather yourself as best you can:

- **STEP 3** Take some action that will give a sense of *PLEASURE* or *MASTERY*:

Be **MINDFUL** of the following obstacles that may block constructive action:

WHAT YOU NEED AT THIS TIME IS NO DIFFERENT FROM WHAT YOU HAVE
 ALREADY PRACTICED MANY TIMES THROUGHOUT THE MBCT COURSE

GOOD LUCK!

Signed _____ Date _____



¹ Feel free, if it feels comfortable, to photocopy and share this plan with friends and family. ²Your name.