



Self-Instructional Method (SIM): WORKSHEET 5a

_____ Situation _____ Initials _____ Date

WHEN "X" SITUATION OCCURS.....

Describe the specific situation, thought, feeling and/or behaviour that occurs (will occur again in the future).

I WILL DO "A, B, C,..."

Describe the helpful and deliberate things you will do, think and/or say.

TIPS: The SIM helps you to activate the clear-thinking parts of the mind, prepare for and respond assertively to situations that may trigger tension in you. The mind is 'front-loaded' with a chosen response, worded in positive instructional format. The SIM allows for self-control through practice at noticing and responding differently to events.