4 FABULOUS SKILLS

BEHAVIORAL ACTIVATION:
Name 2 steps you can take to initiate action:

1. ________________________________________________________________

2. ________________________________________________________________

OPPOSITE ACTION:
What is the opposite of the urge you have right now?

___________________________________________________________________

___________________________________________________________________

THOUGHT STOPPING:
Write down how your thoughts usually run together when depressed or anxious.

___________________________________________________________________

___________________________________________________________________

Now, identify a place where you can STOP the thought pattern. Try writing a response that will redirect your thoughts.

___________________________________________________________________

___________________________________________________________________

GROUNDING:
Name a time when you will use grounding to help relax you.

___________________________________________________________________

___________________________________________________________________