



Answer the following questions to be proactive in making a plan to combat negative responses to high-stress situations. Print this page and hand-write your responses. Be sure to keep it in a place that is accessible for ease of reference.

If I have a slip-up, what steps can I immediately take to get back on track?

Ex. schedule an appointment with my medical provider, get rid of unhealthy foods in my home

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What kind of negative thoughts should I look out for that may impede my efforts to get back on track?

Ex. "I am too stressed" "I already blew it," "I can't find the foods I need," I'm never going to be able to do this"

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- _____
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What positive and encouraging thoughts can I recite to help me get back on track?

Ex. "I can do this," or "I am choosing to start over immediately"

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How can I positively reward myself after I get back on track?

Ex. Purchase a new outfit, have a spa day, take a long bath

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