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» Chapter 14 «

My Self-Care Plan

What I can do to feel OK in my body:

(see Chapter 6)

Patterns that I might get stuck in in relationships:

(see Chapters 4 and 5)

Possible exits from those patterns :

(see Chapters 4, 5, 11 and 12)

How I can soothe my emotions :

(see Chapter 7)

Strategies I can use to ride my emotions :

(distraction/mindfulness /etc. – see Chapter 8)

How I can cope in a crisis:

(TIPP/STOP – see Chapter 9)

Who are the best people to help me:

What other people can do to help:

What I can tell myself:

Note: Remember, if things go wrong this time, it is OK to pick yourself up and try again.

My story

What's happened to me? (What are my life experiences that might have triggered intense emotions?)

(For example, losing someone, being bullied, arguments at home.)

What am I really scared of? (What pain/fear might I be trying to avoid or protect myself from?)

(For example, being rejected or let down by others, or my emotions being too overwhelming/out of control.)

What am I doing to cope in the best way I know how? (What am I doing to cope with the fears above? How am I protecting myself against them?)

(For example, keeping others close to me/seeking reassurance that they care or keeping others at a distance and coping by myself, using self-harm or eating a lot to make myself feel better.)

What are the unintended consequences of my ways of coping?

(For example, people get frustrated with me and pull away, which leaves me feeling even more rejected and let down or my emotions build up and then I get suddenly angry/aggressive, or I feel guilty and want to hide my self-harming and hate myself even more.)

What are my protective factors? (What helps me to cope in a positive way/feel better?)

(For example, my close friend Becky, I enjoy my job most of the time, although I don't get on with my parents, I love spending time with my grandparents, I like walking in the countryside.)