

Take A REST

Remember a problematic situation you recently encountered that caused you to feel emotionally overwhelmed. Do your best to identify what you did impulsively, what self-destructive behavior you engaged in, if any, and how you might have coked with the situation better if you had used the REST strategy. Don't worry about not knowing the exact coping strategies you would use at this point. Try to describe the general type of coping strategy that would have helped you. For example, "learn how to calm myself down or" learn to communicate better with my wife"

What happened in this distressing situation?

How did you feel?

What did you do?

Did you engage in any self-destructive behaviors? If yes, what were they?

How could you have Relaxed in this situation?

If you had done an Evaluation, what would you have discovered?

If you had Set an intention what would it have been?

If you would have Taken action in this situation, what might have happened?

What would the overall advantages have been if you had used the REST strategy?