

Form 13.2: Practice Plan

Use this form to generate a plan for continuing to practice these skills after you've completed this program.

	Mindful Emotion Awareness	Cognitive Flexibility	Confronting Physical Sensations	Countering Emotion Driven Behaviors
<i>How will practicing this skill help you achieve your long-term goals?</i>				
<i>What is your specific practice plan for this skill?</i>				
<i>How can you hold yourself accountable to your practice plan?</i>				