

The ABC PLEASE skill is about taking good care of ourselves so that we can take care of others. When we take good care of ourselves, we are less likely to be vulnerable to disease and emotional crisis.

## Accumulate

Build positive experiences by deciding upon those activities that bring you joy. Make a plan, and then engage in the steps needed to partake in that plan. Here are some examples:

- Prepare a fine meal, wash the dishes, or clean the house; these are all fine skills whereby we can reap the benefit of feeling accomplished. Sewing, mending, or fixing a garment is another often overlooked accomplishment. Remove a stain, do the laundry, fold and hang the clean clothes, and put them in their place; is yet another task that results in the feeling of accomplishment. These are daily tasks wherein we arrive at a feeling of accomplishment. This skill would prefer that you focus on those activities that you enjoy for the pure joy of the act (watching a movie, reading a book, calling a friend, going for a relaxing walk) when you have time.
- Decide to attend a concert or play. Research when and where the concert/play will occur. Buy the tickets and make travel arrangements. These will result in accomplishment and enjoyment of the event.
- Decide to read a 700-page book, set a goal of reading 100 pages a week, at the end of 7 weeks having completed the book; enjoy the accomplishment.
- Decide to plan a trip abroad. Research the cost, purchase the tickets, plan hotel stays, and make a list of the sites to see, save the money necessary for the trip; and finally enjoy the trip. Realize that all of those tasks culminate into a wonderful experience abroad – this is an accomplishment.

## Practice

**Instructions:** List five activities that you think you enjoy; or things you used to enjoy that you'd be willing to do again, that take at least 30 minutes of your time, and make a plan to enjoy these activities:

Activity	Planned Date	Planned Time
1:		
2:		
3:		
4:		
5:		

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**Instructions:** For each of the activities for which you participated, describe the experience. Reflect on how it was for you. How motivated were you to try it? How did you feel before and after the activity? Will you make the activity a priority in the future?

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5:

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