

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.

## Build Mastery

Build mastery by doing things you enjoy. Whether it is reading, cooking, cleaning, fixing a car, working a crossword puzzle, or playing a musical instrument. Learn as much as you can about the subject in order to be well versed. Discuss what you have learned, and write about what you have learned. Practice these things to build mastery and in time we feel competent.

Anyone can master a new recipe and with practice, it can become a family favorite. Finding a recipe for a dish that the family will enjoy is the first part of the challenge. Understanding the components of the recipe and how to follow the steps is next. If you are unsure, ask others who enjoy cooking or google the answer. Collect the ingredients and give the recipe a whirl. Expect mistakes, because mistakes help us to learn. Washing the dishes and doing the laundry are thankless jobs, yet when they are complete and are done well, we can feel good that the task is complete. Reading a book to a young child and finding joy in sharing that time, is also considered building mastery in relationship building. Playing a board game with friends, or frisbee, or any other sport, can also be part of building a relationship; which involves mastery.

An important ingredient in skill-building is to remember to give ourselves credit for building mastery. We often let the day go as if we accomplished nothing at all. Give yourself credit for all that you accomplished at day's end.

## Practice

**Instructions:** List between five and ten activities you would be willing to try that would help build mastery.

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_
- 6: \_\_\_\_\_
- 7: \_\_\_\_\_
- 8: \_\_\_\_\_
- 9: \_\_\_\_\_
- 10: \_\_\_\_\_

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**Instructions:** During the week, pick two different activities to build mastery and describe the experience below.

## Situation 1:

Describe the situation:

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Activity chosen:

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How did you feel before you used the activity to distract & how intense was the emotion?

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How did you feel after you used the activity to distract & how intense was the emotion?

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## Situation 2:

Describe the situation:

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Activity chosen:

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How did you feel before you used the activity to distract & how intense was the emotion?

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How did you feel after you used the activity to distract & how intense was the emotion?

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