

How to Do Cognitive Rehearsal

- Identify the exact situation where you want to enact your values: where are you; who's there; what are other people saying and doing?
- What intentions do you want to act on in this situation? What would you say or do in order to turn this value into action?
- Break your values-based behavior into specific steps. As vividly as possible, imagine yourself in the situation acting on your value and intentions.
- Notice the barriers that come up—anxiety, discouragement, thoughts of failure, and so on. Stick with the visualization long enough to experience the more prominent obstacles.
- Now, from the beginning, do a full visualized rehearsal of the situation and each step of your values-based behavior—while noticing any distressing feelings and thoughts that arise. As barriers show up, try to accept whatever discomfort they bring while seeing yourself successfully completing your values-based goal.
- Imagine people responding well to what you do, and congratulate yourself for choosing values over old emotion-driven behavior.
- Repeat the full visualization (values-based behavior, barriers, and positive outcome) at least one more time.

Coping Thoughts Worksheet

Distressing Situation	New Coping Thought
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	