

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
How will practicing this skill help you achieve your long-term goals?				
What is your specific practice plan for this skill?				
How can you hold yourself accountable to your practice plan?				