

Special Event Worksheet

To assess your use of strategies for special events and to plan what to do next, complete the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Extra rest: before, during and after			
Detailed planning			
Discuss plans with others			
Be flexible			
Delegate & simplify			
Reduce activity level			
Reduce expectations			
Focus on what can do			
Use Special Event Worksheet			

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