

Weekend Planning:

What is a common TRIGGER that provokes emotional distress? (Example: smells, images, people, places)

What event or situation makes me experience more anxiety and/or depression (Example: current family conflict, lack of support, isolation, financial concerns)

What are my AUTOMATIC NEGATIVE THOUGHTS?

What SKILLS/TOOLS will I use to keep myself safe?

G. R. A. P. E. S	Thursday	Friday	Saturday	Sunday
Gentle with Self				
Relaxation				
Accomplishment				
Pleasure				
Exercise				
Social				