



These skills decrease factors which can lead to emotional vulnerability. Emotional vulnerability means we may fall into Emotion Mind more easily or experience more negative emotions.

A - ACCUMULATING POSITIVE EXPERIENCES: Do something that makes you feel happy

• **Notice events already happening.**

- *Enjoying the nice weather*
- *Enjoying time with a friend*
- *Enjoying a delicious meal*

• **Short-term positive experiences; things you can do right now to feel good.**

- *Watching TV*
- *Texting a friend*
- *Going for a walk*

• **Long-term positive experiences; things which require planning and time.**

- *Learning an instrument*
- *Planning for college*
- *Learning a new sport*

B - BUILDING MASTERY: Do things that make you feel competent and in control.

Some of these activities you may not enjoy at the time, but once you have accomplished these tasks you feel better. Other ways to build mastery are participating in an activity you are good at already or challenging yourself to complete a difficult task.

- *Completing homework*
- *Doing chores*
- *Practicing a hobby*

C - COPING AHEAD of time with emotional situations by rehearsing a plan.

- *Describe: What's the situation?*
- *Decide: What coping or problem-solving skills can you use?*
- *Imagine the Situation: How will you feel in that situation?*
- *Rehearse: What can you do or say to cope in this situation? What problems could arise?*