

## **What Works Best for Me**

*What are some of the issues I know I need to “get over,” especially about my past, in order to stay sober and be well?*

*In the past, these things, people, or activities have helped me deal with extreme emotional pain:*

*Some of my favorite coping skills include:*

*Tying all of this together, my gut tells me that the following plan might work best for helping me get over the past issues:*

## **Wound Care 101: Planning Your Treatment**

Step 1: Bandaging the Wounds

Using Coping Skills

When to Use This Skill

Step 2: Looking Beneath the Surface

Issues I Will Need to Work on to Reach My Goals

Step 3: Total Healing

What My Life Will Look Like after I've Done the Healing Work



