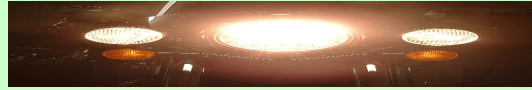


A.I.M.S

(Acept, Image, Measure, Skills)

My "AIM" is to develop a kinder, more mindful, accurate perspective about how I think, feel and react.

Learning to moderate reactions from **BRIGHT** to **dim**



Acept..... Yes, I do feel.....

Given my own strengths and weaknesses and past history, it makes sense that I might feel.....right now.

Image the outcome...

Imagine: Great, Good, Fine and Fear/worst case.

Imagine each level of outcome. Specify what might happen at each level.

(I may already be imagining the worst, anyway)

Predict at what level I think/worry that the situation will actually turn out.

Record later how the situation **actually did turn out.**

Note how **accurate** I was at predicting.

Look back for a **pattern to my predictions.**

Measure:

Choose a number to represent the level of my emotion.

Notice later, after I feel better, **how long it took** for emotion to dissipate or diminish to a "manageable" level

Now

Record

Later

Record

Skills needed



What skills are needed to cope with this situation?

Which skills do I **already have?**

Which skills do I **need to develop or get help with** in order to cope with this situation.

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(I developed this "system" for myself. It combines ideas from a variety of sources. I use it quite often and it works)