

A.I.M.S.

Accept...Imagine...Measure...Skills

Accept ... I accept that I feel this way right now.

Imagine... Imagine potential or possible outcomes for the “difficult” situation. (Use imagination to think of the extremes and the middle. I may already be imagining outcomes, at the fear, “oh no” level, without realizing it. “Play” with this imagining at all of the levels)

Imagine: Describe in each area, what my prediction would “look” like .
Next, predict where I think it will really turn out. Record prediction area with a ☆.

Later: In which range did the situation that I feared, worried about or reacted to actually turn out? Record below. How well did I predict?

Great	Wow!! ◆ THIS... ◆ THIS.....	
Good	Will be good.. ◆ this.... ◆ this....	
Fine	Okay, okay.... ◆ this... ◆ this..	
Fear	OH NO!!!! ◆ this... ◆ this..	

<p>M <small>Measure the strength of my feeling</small></p>	<p>Right Now: I measure the strength of my feeling right now. Draw a line across the graph area.</p>	<p>Later: Observe the strength of my original feeling, at the new time. Record in corresponding column. Did it stay the same? Did it increase or decrease? How long did it take to decrease? How strong was the feeling a few days later?</p>					
		15 minutes later	One hour later	3 hours later	8 hours later	Next day	A few days later
<p>Extreme 10 9 8 7 6 Moderate 5 4 3 2 1 None 0</p>							

<p>S <small>skills needed: What skills might I find helpful to handle this feeling or situation?</small></p>	Thinking about skills that might be helpful....			
	Do I have these skills?	Can I learn the skills?	Who might be able to support me learning these skills?	What can I do to develop these skills?
<p>1. _____ 2. _____ 3. _____ 4. _____</p>				

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