

A.I.M.S.



Accept...

I feel.....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Imagine...

feared outcome...  
and actual outcome

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

<b>Measure</b> my reaction....	Now	<b>Later</b>
<p style="text-align: right;"><u>Extreme</u> 10 9 8 7 6 <u>Moderate</u> 5 4 3 2 1 <u>None</u> 0</p>		

<b>Skills</b> needed.. to deal with what is happening	✓
1. _____	✓
2. _____	✓
3. _____	✓
4. _____	✓

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