

Weekend Planner

Potential Challenge(s) for the weekend		
Weekend Stressors		
Problem Solving		
TAP Skill		
Behavior to increase?		
Behavior to decrease?		
Resources I'll Need		
Stress Skills (Managing Misery & Anxiety)		
Self Soothe (to reduce misery when at my baseline)		
Distractions (to prevent misery from getting higher or grounding)		
Relationship Skills needed for the weekend		
Being Safe with Others (If Unsafe: limit contact, focus on self care, reduce expectations)		
Others	Safe	
	Questionable	
	Unsafe	
Emotions		
How might I contain strong emotions		
How can I express my emotions		
How might I act opposite emotional distress?		
What might get in my way		