Reminder Page

These are the things I need to remeember to do when feelings get big:

1.

2.

3.

4.

5.

6.



Tip: Print this page and put it somewhere you can see it easily. This can help you remember faster, catch the lapse earlier and manage your feelings sooner, so you can get a better result for yourself.

Or just print out the Plan for a simple reminder!

SCAN ME

A Better Way
Counselling Service
A New Beginning

A New Beginning