If-then plan

In the moment of the urge, it's hard to think clearly. On a calm day, decide what you'll do then. Better short and completed than long and abandoned.

If I want to _____ , then I'll wait _____ minutes and

_____

If I want to _____ , then I'll wait _____ minutes and

_____

If I want to _____ , then I'll wait _____ minutes and

_____

What I can do while I wait

e.g. carry on with what I'm doing · get a glass of water · step outside · listen to music

Who I can tell

My sentence to myself

e.g. “The urge is here. I'm not following it right now. I'll decide again later.”

Waiting it out is never for emergencies: call your local emergency number (112 in Europe, 911 in the US). More numbers: pausewave.app/en/crisis-help
This worksheet doesn't replace a medical examination or psychotherapy. New or ongoing complaints belong in a doctor's office.