



# Plan A/Plan B



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

When you're entering a situation where you're not sure what will happen, it can be helpful to have more than one plan, just in case.

- **Plan A:**  
What you think you'll do, or your first choice.
- **Plan B:**  
Something you can do instead, as a back-up plan, or second choice.

### WHY TO TRY:

We all have had times when the outcome of a situation is uncertain, or it suddenly becomes overwhelming. Having a Plan B can make it easier to regulate through a tough situation.

**Try to find a moment each day of the week to practice the tool.**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

