

Create Your Personal Top-Down Plan

This worksheet guides you to create your own calming strategy using top-down tools.

Step 1: Know Your Patterns

Common situations that activate you:

- _____
- _____


Typical thoughts you have in those moments:

- _____
 - _____
-

Step 2: Choose Your Tools

Pick your top 3 favorite top-down strategies:

- Reframing
- Self-talk
- Visualization
- Gratitude
- Emotion naming
- Defusion
- Meditation

 **Step 3: Make Your “In-the-Moment” Plan**

When I feel... I will pause and use... What I’ll say or do

Overwhelmed Gratitude List 3 good things

Self-critical Self-talk “I’m doing my best”

Anxious Visualization Picture a safe place

You can customize this grid to include more emotions or tools.

 **Step 4: Post-Soothe Reflection**

What helped me the most?

What could I try next time?
