



My Holiday Cope Ahead Plan

The purpose of the cope ahead worksheet is to limit maladaptive behaviors.

The first part involves identifying situations that might be stressful and lead to maladaptive coping mechanisms. The second part includes planning PRODUCTIVE ways of coping. This “set plan” is often helpful for dealing with that “out of control” feeling one might get after stressful situations. To write your own, [here's the link](#).

Event:

Situation (specific situations that might happen within your event)	Emotion (Emotions that could interfere with using your cope ahead plan)	Cope ahead plan
I start feeling bad about not “making progress” or losing weight over the holidays.	<ul style="list-style-type: none">- Fear- Anxiety- Frustration	Bring a journal with you. Before you leave, write down your goal. In this instance, mine will be simply to eat three meals a day, a snack here and there is ok if I am hungry. I will write at the TOP of my journal, “You are not here to lose weight. You are here for 6 days. You can get right back on track when you get home”. Everytime I feel bad about not losing weight, I will write down my feelings and emotions, and continue to remind myself of this message.
What if my family wants to go out to eat a meal that I am not comfortable with? (For me, for example, eating my “normal” breakfast is important).	<ul style="list-style-type: none">- Uncomfortable- Anxious- Nervous	<ol style="list-style-type: none">1. See if there's a place we can go where they serve oatmeal that you would be comfortable with.2. Otherwise, it's ok to prioritize your recovery. (My parents are aware that I have some difficulties with food) Instead I could opt to stay home and cook lunch for the family, or help out around the house.3. I could also go to breakfast and just order something to drink, although this is often still uncomfortable.

What if my family wants to go out to drink?	<ul style="list-style-type: none"> - Excited - Overwhelmed - Unfocused 	<ol style="list-style-type: none"> 1. If I go out to drink, set a hard limit. This can depend on how you are feeling that night but the limit should be set BEFORE getting to the bars. (I am so much more prone to binge eat when I get home from drinking, which only sets me up for a difficult food day the next day as well.) 2. If I have had an emotionally difficult day, or am feeling in a very impulsive mood before I go out, maybe suggest being the DD so that alcohol intake is not a factor for that night.



