

Converting from C.B.B. to I.C.B.B

1. Choose your specific goal		
2. Is it realistic?	Yes / No	
3. Plan the details	<p>Date of goal:</p> <p>Start time:</p> <p>Materials needed?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	Anything else important?
4. Notice any of your C.B.B. thoughts <small>(If helpful, have a look at the list of C.B.B. thoughts earlier and see if any sound like you).</small>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	
5. How can you challenge C.B.B. thoughts using I.C.B.B. thoughts?	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	
6. Am I encouraging myself positively?	Yes / No	
7. Have I practiced with an imaginary trial run using visualisation?	Yes / No	
8. After the goal attempt, was I successful?	Yes / No (If not, then why not?)	
9. Next steps	What's my next goal?	