

Level 7: PUTTING THE PLAN INTO ACTION



It's time to start practicing using the FEAR plan.

In Level 6, you and your coach prepared for today's Totem Pole Challenge. Go back to Level 6 of your Go-To-Gadget to review your plan for today.

You're starting at the bottom of your totem pole – the one you picked as the least difficult for you.

Ok, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge for Level 7:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

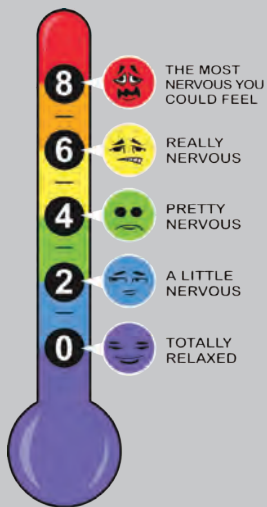
Level 7: PUTTING THE PLAN INTO ACTION (continued)



Prep for Level 8's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 8. These will be just a little bit more difficult than your Level 7 Challenges, because we're slowly moving up your totem pole.

Good luck!



Get your coach to help you complete this section

Time to do your totem pole challenges!

Have your coach assist to get started

USERNAME:
PASSWORD:
LOGIN

Totem Pole Challenge for Level 8:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 8:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 7: PUTTING THE PLAN INTO ACTION (continued)



Plan one or two challenges to do outside of camp. You'll do more Totem Pole Challenges



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____