

**(5) PLEASE**

One of the best ways to prevent negative emotions is to reduce your vulnerability to having them in the first place. It's similar to that old saying, "an ounce of prevention is worth a pound of treatment." How did you do during the last two weeks in reducing your vulnerability to negative emotions? Think for a few moments about each aspect of **PLEASE**, then rate how you did during the past two weeks. Rate yourself from 0 to 3 on the following questions, using this scale:

0	1	2	3
<i>Not at All</i>	<i>A little</i>	<i>Somewhat</i>	<i>A lot</i>

Over the last two weeks have you:

- Taken care to prevent or treat **Physical Illness**
- Balanced **Eating** by not eating too much or too little and by eating a balanced diet
- Avoided **Mood Altering Drugs**
- Balanced **Sleep** by not sleeping too much or too little
- Exercised**

For scoring, sum the answers:

Scoring key:

13-15: You are doing a great job with the **PLEASE** skills. This should help reduce your vulnerability to negative emotions. Keep up the good work!

9-12: There are some areas in which you could reduce your vulnerability to negative emotions by increasing your use of **PLEASE** skills. You are doing pretty well, but consider how you could bolster use of these skills to make yourself less vulnerable.

5-8: You could reduce your vulnerability to negative emotions significantly by working on your **PLEASE** skills. If you were to make one change, or take one step, to reduce your vulnerability to negative emotions by increasing your use of **PLEASE** skills, what might it be? Take a moment and identify one way you could increase your practice of this skill.

0-5: Ok, you've got us a little worried. Even if everything seems to be going along OK, you could be inadvertently setting yourself up for some serious vulnerability to intense negative emotions. If you were to make one change, or take one step, to reduce your vulnerability to negative emotions by increasing your use of **PLEASE** skills, what might it be? Take a moment and identify one way you could increase your practice of this skill.