

IMPROVE the Moment Worksheet

Build Your Personal IMPROVE Menu
(on a calm day)



Imagery That Works For You



Meaningful Phrases



Relaxation Methods



Brief Vacation Ideas



Realistic Encouragement Statements



IMPROVE *the* Moment

Worksheet



Preparation: Use Before (or During) Difficulty

- Develop personal skills and a proactive plan.
- Develop skmnn grakilals and dierease your journals.

Page 2: In-the-Moment Log (When Distress Hits)

 Situation	Distress Level 	 Skill Chosen	 reflection Aftermath
	 1-10 		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		

