



PLEASE and ABC PLEASE



THE PLEASE SKILL LOWERS VULNERABILITY

**P — Treat Physical
Illness**



Don't ignore symptoms.
Follow medical care.

ADDRESS YOUR HEALTH

L — Balanced Eating



Eat consistently, not as
reward or punishment.

NOURISH YOUR BODY

**E — Avoid Mood-
Altering Drugs**



Alcohol and drugs can
make reactions bigger.

MIND THE SUBSTANCES

A — Balanced Sleep



Aim for steady,
sustainable sleep.

SUSTAINABLE ROUTINE

S — Exercise



Activity you can
actually sustain.

MOVE YOUR BODY

E — Build it In



Make physical care
a daily routine.

DAILY HABITS

THE ABC ADDITION FOR LONG-TERM RESILIENCE



**A - Accumulate
Positive Emotions**



B - Build Mastery



C - Cope Ahead

WHEN TO USE: A regular vulnerability check when emotions feel too big.
THESE SKILLS: Make regulation easier **BEFORE** the hard moment!

SAFEGUARD: NEVER use PLEASE to punish yourself
(not for control or shame)!

