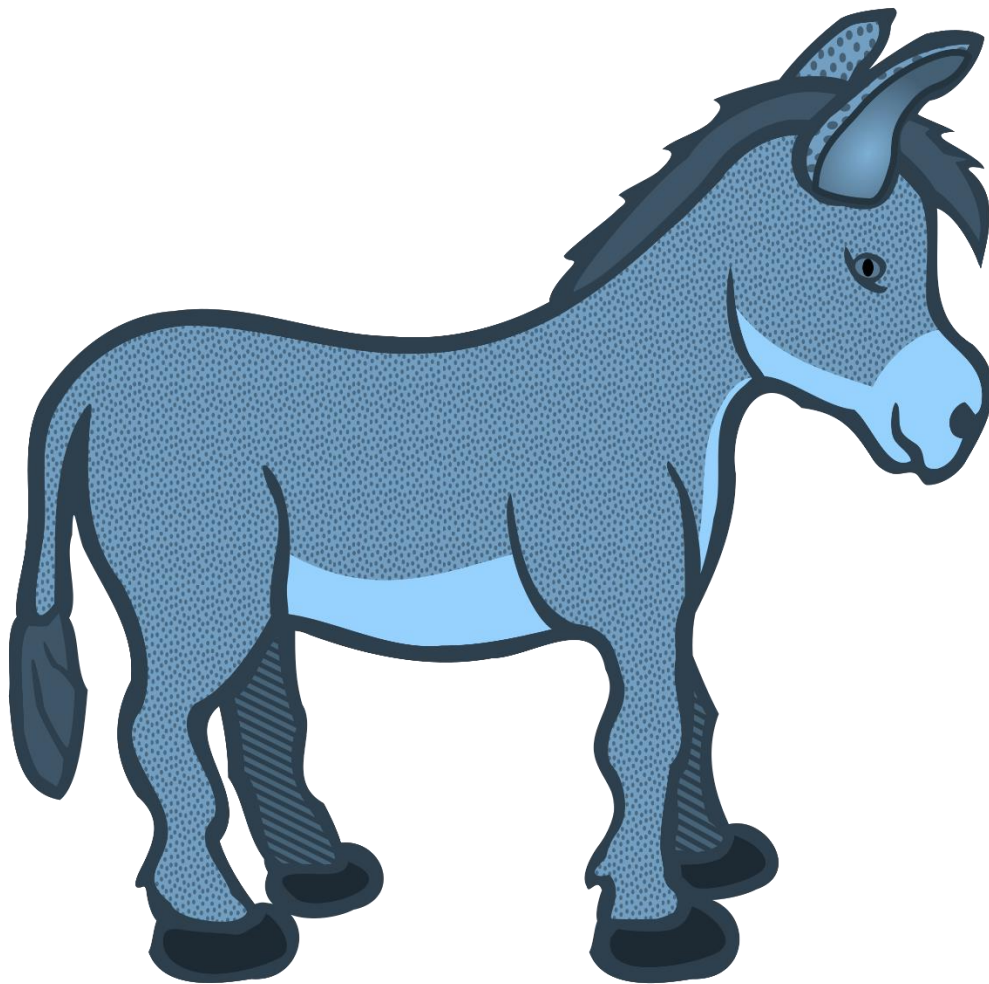


COPING AHEAD

YOU CAN BE IN CONTROL

**WHAT IS GOING ON THAT YOU WANT TO
PLAN AHEAD FOR?**

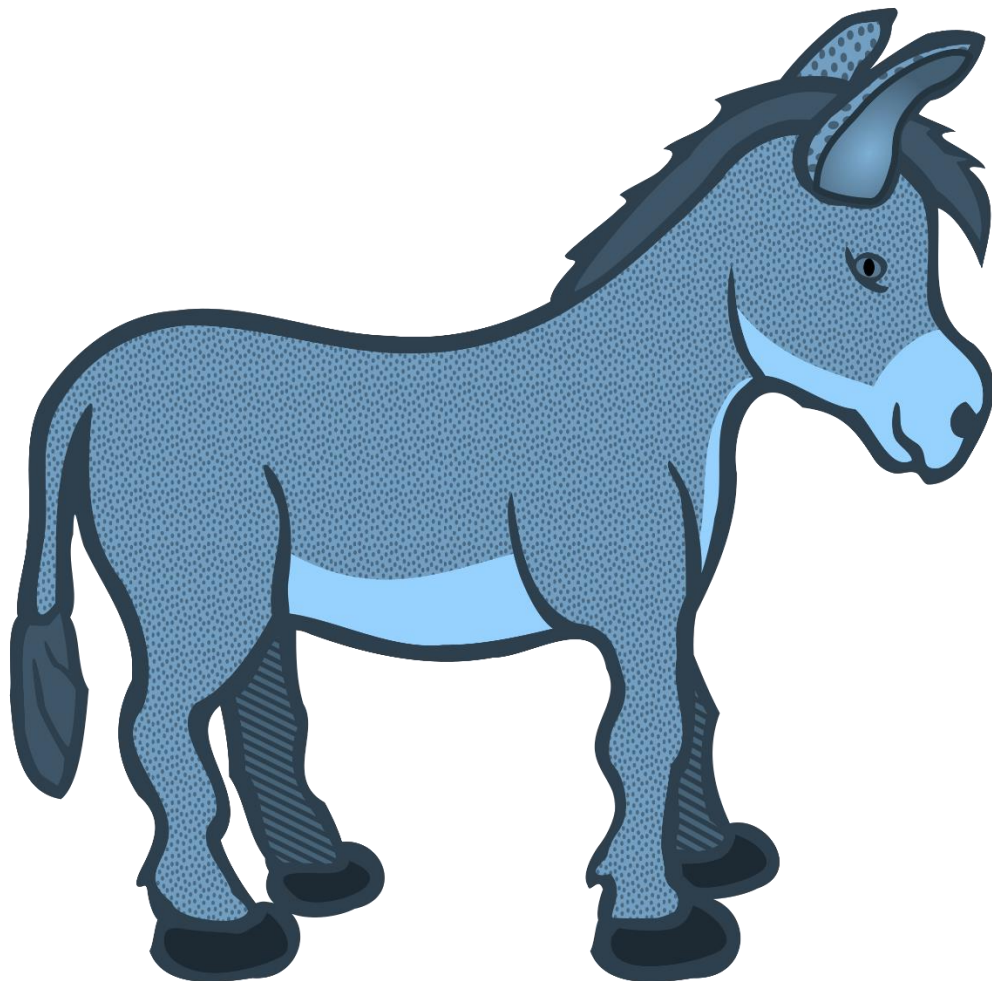


COPING AHEAD

STEP ONE

IDENTIFY

**WHAT MIGHT HAPPEN? HOW MIGHT THIS
MAKE YOU FEEL? HOW MIGHT YOU WANT
TO REACT?**

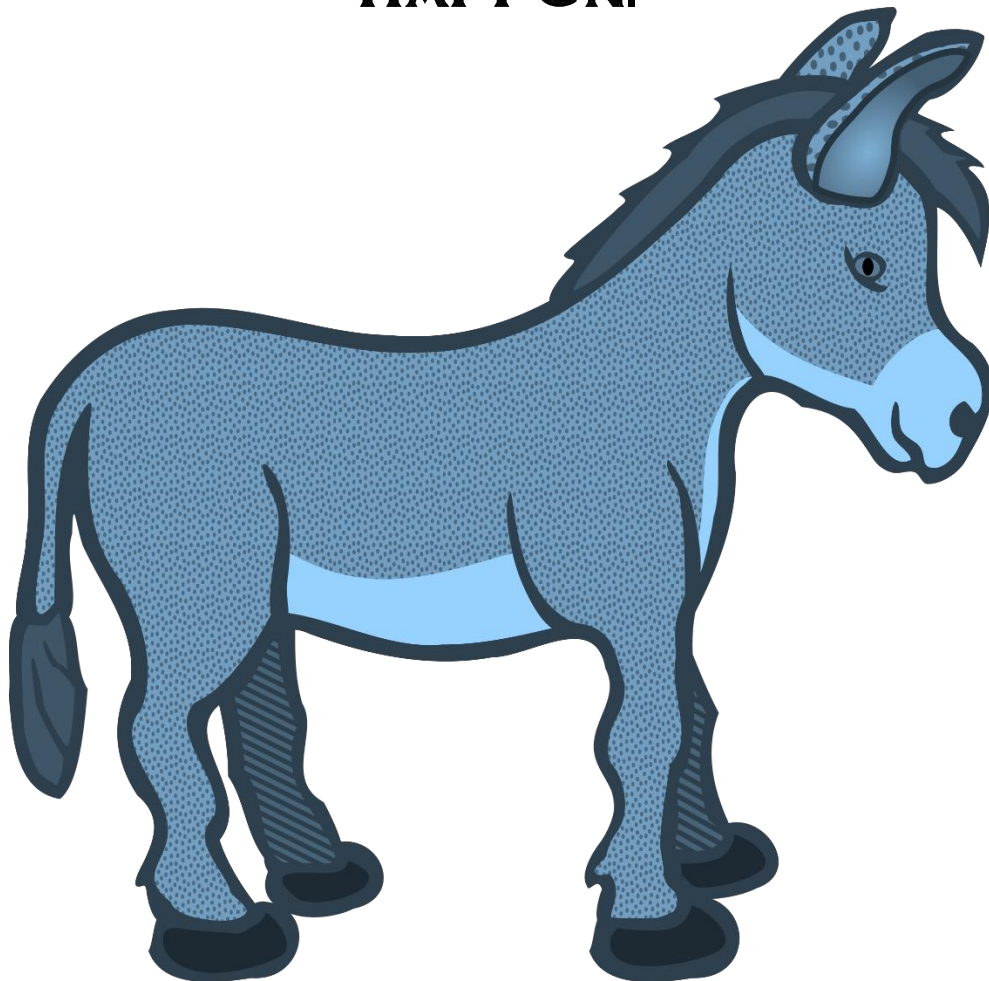


COPING AHEAD

STEP TWO

CHANGE THE STORY

**FOR EACH THING THAT YOU IDENTIFIED,
TELL HOW YOU WOULD LIKE IT TO
HAPPEN.**

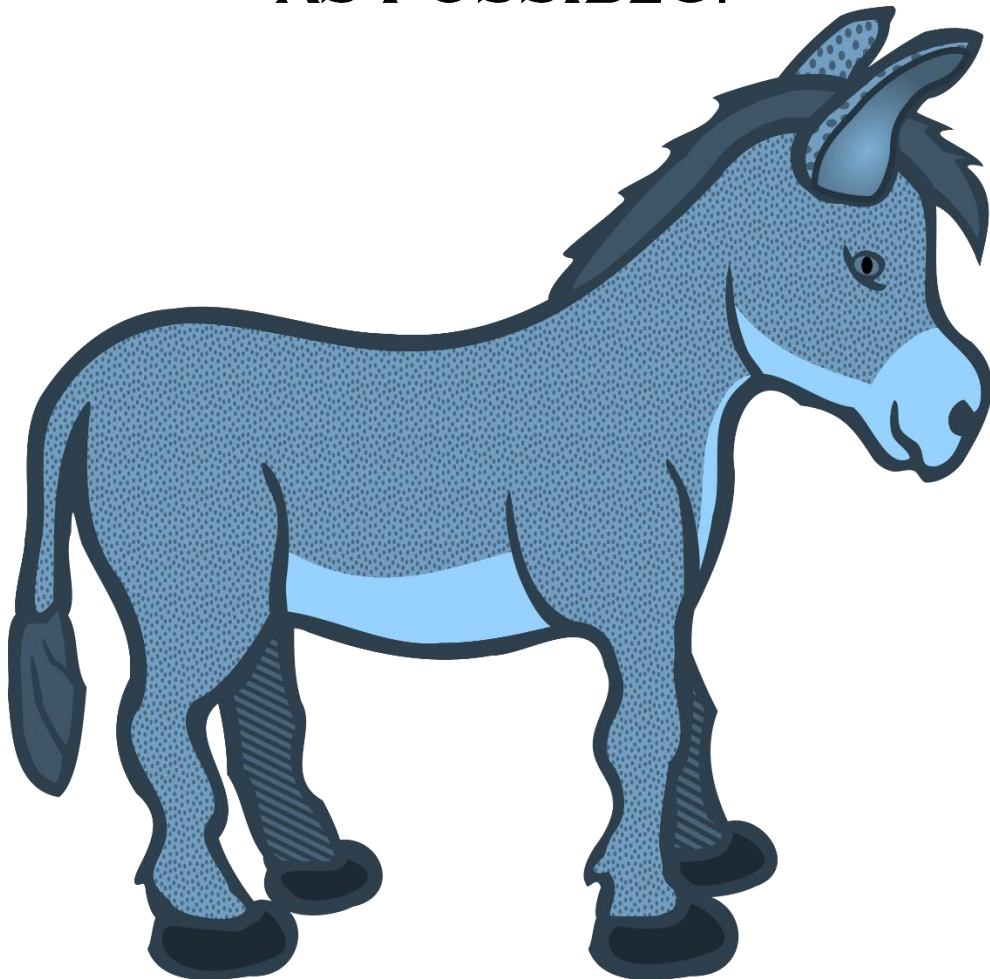


COPING AHEAD

STEP THREE

MAKE A PLAN

WHAT CAN YOU DO TO MAKE THE THINGS
AS CLOSE TO THAT CHANGED SITUATION
AS POSSIBLE?



COPING AHEAD

STEP FOUR

BACK-UP PLAN

WHAT WILL YOU DO FOR A BACK-UP PLAN?

