

Worksheet 3.1 - Flight Plan (Example)

Change(s) I want to make:

Completely stop P&M

Date I will start implmenting the plan:

This coming Rosh Chodesh

How important is this change to me?

1 2 3 4 5 6 7 8 9 10

How confident am I that this plan is realistic?

1 2 3 4 5 6 7 8 9 10

The most important reasons I want to make this change are:

P&M makes me feel hypocritical - it eats me up. I'm tired of the guilt and shame.
 I'm unhealthy for me - I'm using it to escape from reality
 It's ruining my marriage

My Strategies

To minimize cues / triggers, I will:

For now, I'll make a rule to put my phone away at 9pm in the living room, and I'll get a simple alarm clock for the mornings. (Later, I'll get a better filter or switch to a Kosher phone.)

My strategy to deal with urges:

- Escape: Escape the Situation Distract Delay Defusion
- Resist: Attack the Fox Countering Self-Talk Think About My Reasons
- Stay Calm: Urge Surfing Coping Statements Relax
- General: Pause & Acknowledge the Urge Connect Daven Mix & Match

I'll try both Attack the Fox and Urge Surfing to see which works better. For the Fox strategy I'll imagine my urge to be a salesman called Mr. Fox. For urge surfing, I'll listen to the audios a few times to get the hang of it. Depending on the hour, I'll also connect with a friend or family member.

Some things that could interfere with my plan are:

Some days I might not be in the mood of following my plan... I need to think of an incentive for myself to follow it, or maybe become accountable to someone.



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