

## 16 C Use Your Mantra

Remember in section 10 you created a personal mantra to help you get through tough times. Write your mantra here:

Repeating your mantra can be used to bring down the intensity of an emotion.

Think about an emotional trigger or a time when your mantra would be most useful as a distress tolerance tool.

Describe the trigger in this space:

Repeating your mantra during a good time can help you associate good feelings and well-being with it. Describe a good time to repeat your mantra in this space:

## Practice Gratitude 16 D

Write down some ways you can think of to practice gratitude:

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**“GRATITUDE**

*makes sense of  
our past,*

**BRINGS PEACE**

*for today,*

*and creates a*

**VISION**

*for tomorrow.”*

*– Melody Beattie*

*Addiction and Recovery Author*

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