

# ABC SKILLS

ABC skills help promote emotional stability. Learn about how you can increase positive emotions by planning positive experiences and building mastery, and decrease the likelihood of negative emotions by planning for stressful situations ahead of time.

## A

### Accumulate Positives

When our lives shift significantly, we can lose the ability to engage in activities we enjoy or planned positive experiences. We need to continue to balance our lives as parents by keeping in mind the importance of planned positive experiences (activity scheduling).

- Make changes in your life so positive events happen more often
- Schedule small pleasant events that bring positive emotions
- Observe and rate changes in mood before and after

## B

### Build Mastery

Building a sense of mastery is important for self confidence and overall happiness. Doing things we are good at gives us that important feeling of being successful, which may be hard to come by when we feel like we are struggling to navigate our personal and/or professional lives due to parenthood.

Sense of accomplishment increases confidence, happiness and self-esteem

- Plan for success
- Break down into manageable steps
- Gradually increase difficulty over time
- Do one thing each day

## C

### Cope Ahead

Coping ahead can help you to feel competent, and reduce your chances of feeling distressed in an emotionally intense situation.

- Consider situations where high emotion rises
- Use problem solving skills to figure out how to cope effectively write it out in detail
- Plan ahead and rehearse the behavior, actions, words
- New skills can be learned with imaginal rehearsal
- Feeling competent and prepared reduces vulnerability

WATCH VIDEO  
TO LEARN MORE



<https://bit.ly/4acbOqp>