

10. Setback plan



In my setback plan I will try (use the above headings):


1. _____

2. _____

3. _____

Now you have a setback plan how **confident** are you that you **can manage the next** setback?



If your confidence is low (less than 5), then review your plan : page 319, and use the question 'What would my best friend suggest to improve my setback plan?'