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| [**NowMattersNow.org**](https://www.nowmattersnow.org/) **Cold Water (CW) Practice Assignment** |
| **Create CW Skill Story** |
| Step 1: SETTING with just the facts in 2-3 sentences | Stress Level | / 5 |
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| Step 2: URGE e.g. hide, attack, cling to, smoke, drink, eat, avoid | Urge Strength | / 5 |
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|
| Step 3: METHOD i.e. how did you use cold water |
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| Step 4: REPEAT and at least 30 seconds three times |
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| Step 5: WOULD HAVE HAPPENED without CW? |
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| Step 6: WHAT HAPPENED with CW? Stress Level | / 5 | Urge Strength | / 5 |
|  | Where will you **Store CW Tools** for easy access? |
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| **Dialectics, the Stress Model or Safety Plan** write one thing about CW overlap | Found Stop, Drop, Roll in **Safety Plan Guide** | Y | N |
|  |
| Days did CW in **Diary Card** |  |
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| Practice CW **Skill Story** | Y | N |
| **Caring Message or Linking Statement** write one incorporating CW |
|  | **Taught** CW0, 1, 2, >3 times |  |
|
| Watched Stop, Drop, Roll [**Video**](https://www.nowmattersnow.org/help-line)on Crisis Lines Page | Y | N |
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| [**NowMattersNow.org**](https://www.nowmattersnow.org/) **Cold Water (CW) Practice Assignment** |
| **Create CW Skill Story** |
| Step 1: SETTING with just the facts in 2-3 sentences | Stress Level | 4.5 / 5 |
| I took my daughter to the orthodontist, then my other daughter called from school with a migraine. I was up until 3:30 preparing for a meeting that I’m now likely to have to miss. I’m having the thought “I hate my $%#$^ life.”  |
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| Step 2: URGE e.g. hide, attack, cling to, smoke, drink, eat, avoid | Urge Strength | 3.5 / 5 |
| I wanted a cigarette. I’m on tilt. I know a cigarette will help. Maybe I’ll buy a pack of cigarettes on the way to get my daughter. |
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| Step 3: METHOD i.e. how did you use cold water |
| I told myself to get home so I could cool off. WhenI got home I filled the bathroom sink with cold water. |
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| Step 4: REPEAT, aiming for 30 seconds three times |
| I was dreading it. I put my face in the water for 20 seconds, and then came up because I was out of breath. I got water everywhere. I took a break and checked my pulse (now 10 beats/min less). I did it again for 25 seconds and then 30 seconds. |
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| Step 5: WOULD HAVE HAPPENED without CW? |
| I wouldn’t have felt any kind of pressure release unless I smoked. If I smoked I would have felt less frustration in the short-term, but irritation at how I handled it later and disappointment in smoking. |
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| Step 6: WHAT HAPPENED with CW? Stress Level | 2.5 / 5 | Urge Strength | 1 / 5 |
| At first, I just felt angry that I was making myself do this. I didn’t want to. But, it worked. I felt less upset, angry and hopeless. My craving for cigarettes went away almost entirely. I had the thought, “Okay, nice job me.” | Where will you **Store CW Tools** for easy access? I put cold packs in my freezer at work and at home. I also have ice-cubes at home, and will use the sink again. |
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| **Dialectics, the Stress Model or Safety Plan** write one thing about OA overlap | Found Stop, Drop, Roll in **Safety Plan Guide** | ✔ Y | N |
| I was definitely “on fire” emotionally. I couldn’t think clearly. Thinking about myself at the top of the stress model really makes sense. I needed something quick acting like CW. |
| Days did CW in **Diary Card** | 1 / 7 |
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| Practice CW **Skill Story** | ✔ Y | N |
| **Caring Message or Linking Statement** write one incorporating Opposite Action |
| I think the linking statement here is - “It makes total sense that I’m frustrated and really hit with urges, and I do want to change that pattern and not smoke. By acknowledging how I feel and what I want, I can more easily move forward. | **Taught** CW 0, 1, 2, >3 times | twice |
|
| Watched Stop, Drop, Roll [**Video**](https://www.nowmattersnow.org/help-line)on Crisis Lines Page | Y | ✔N |
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