

[NowMattersNow.org](http://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		
Step 2: URGE e.g. hide, attack, cling to, smoke, drink, eat, avoid	Urge Strength	/ 5		
Step 3: METHOD i.e. how did you use cold water				
Step 4: REPEAT and at least 30 seconds three times				
Step 5: WOULD HAVE HAPPENED without CW?				
Step 6: WHAT HAPPENED with CW?	Stress Level	/ 5	Urge Strength	/ 5
		Where will you <b>Store CW Tools</b> for easy access?		
<b>Dialectics, the Stress Model or Safety Plan</b> write one thing about CW overlap	Found Stop, Drop, Roll in <b>Safety Plan Guide</b>		Y	N
	Days did CW in <b>Diary Card</b>			
	Practice CW <b>Skill Story</b>		Y	N
<b>Caring Message or Linking Statement</b> write one incorporating CW	<b>Taught</b> CW 0, 1, 2, >3 times			
	Watched Stop, Drop, Roll <a href="#">Video</a> on Crisis Lines Page		Y	N

## NowMattersNow.org Cold Water (CW) Practice Assignment

<b>Create CW Skill Story</b>				
Step 1: SETTING with just the facts in 2-3 sentences	Stress Level	4.5 / 5		
<i>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."</i>				
Step 2: URGE e.g. hide, attack, cling to, smoke, drink, eat, avoid	Urge Strength	3.5 / 5		
<i>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.</i>				
Step 3: METHOD i.e. how did you use cold water				
<i>I told myself to get home so I could cool off. When I got home I filled the bathroom sink with cold water.</i>				
Step 4: REPEAT, aiming for 30 seconds three times				
<i>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.</i>				
Step 5: WOULD HAVE HAPPENED without CW?				
<i>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.</i>				
Step 6: WHAT HAPPENED with CW?	Stress Level	2.5 / 5	Urge Strength	1 / 5
<i>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."</i>	<i>Where will you <b>Store CW Tools</b> 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.</i>			
<b>Dialectics, the Stress Model or Safety Plan</b> write one thing about OA overlap	Found Stop, Drop, Roll in <b>Safety Plan Guide</b>		✓ Y	N
<i>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.</i>	Days did CW in <b>Diary Card</b>		1 / 7	
<b>Caring Message or Linking Statement</b> write one incorporating Opposite Action	Practice CW <b>Skill Story</b>		✓ Y	N
<i>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.</i>	Taught CW 0, 1, 2, >3 times		twice	
	Watched Stop, Drop, Roll <a href="#">Video</a> on Crisis Lines Page		Y	✓N