**Tool: Trying Something New (or Different) Made Easier**

1. What are 2-3 things that are new or different that you could try?
2. What are some situations in the next week or two that you would be able to try using it?
3. Which one specifically would you like to plan on trying? How and when will you try it? What will you do?
4. What could you do to make it easier or more likely that you will actually do this?
5. Anything else that will help you?
6. When will you plan to answer the reflecting questions about what happened?

Did you try the new or different thing as you had planned? If yes, move to reflecting questions 7-12. If no, what got in the way? Do you want to try this again or try something else? Make your decision and then answer questions 1-6 above and add an additional question – What might come up when you try this that could get in the way, and how can you prepare for this?

Reflecting Questions to answer after trying something new or different:

1. If you tried what you had planned, what happened? How did it go?
2. Was it like you thought it would be or was it different? If it was different, how was it different?
3. How do you feel about what happened when you tried this new or different thing?
4. What did you discover from trying this? How was it helpful?
5. Do you want to try this again or something else?
6. Anything else?