

PREVENTION VS INTERVENTION

There are two ways to deal with anxieties: 1. By taking steps to prevent them before they occur 2. By taking steps to de-escalate them once they've already begun to occur

*In the examples below, write a **P** next to the events that are **Preventative**, and an **I** next to the events that are an **Intervention**.*

- SAVING MONEY FOR PERSONAL EXPENSES.
- ASKING YOUR FRIEND TO LOAN YOU MONEY BECAUSE RENT IS DUE.
- BRINGING AN UMBRELLA WITH YOU BECAUSE IT'S GETTING CLOUDY AND MIGHT RAIN.
- BUYING AN UMBRELLA ON YOUR WAY HOME BECAUSE IT HAS STARTED TO RAIN.
- PUTTING GAS IN YOUR CAR WHEN THE GAUGE READS EMPTY.
- PUTTING GAS IN YOUR CAR WHEN THERE IS A QUARTER LEFT IN THE TANK.

WAYS YOU HAVE PREVENTED ANXIETIES

1. _____
2. _____
3. _____
4. _____
5. _____

WAYS YOU HAVE INTERVENED WITH ANXIETIES

1. _____
2. _____
3. _____
4. _____
5. _____

DESCRIBE A SITUATION THAT COULD HAVE GONE BETTER IF YOU HAD PRACTICED PREVENTION