

## What can I do when I encounter obstacles? Three, quick, research-based strategies

### Mental Contrasting

1. Think about your goal.
2. Imagine all the good things that will come from achieving your goal.
3. Think about all the hurdles you might encounter on the way toward your goal.
4. Imagine overcoming these hurdles.

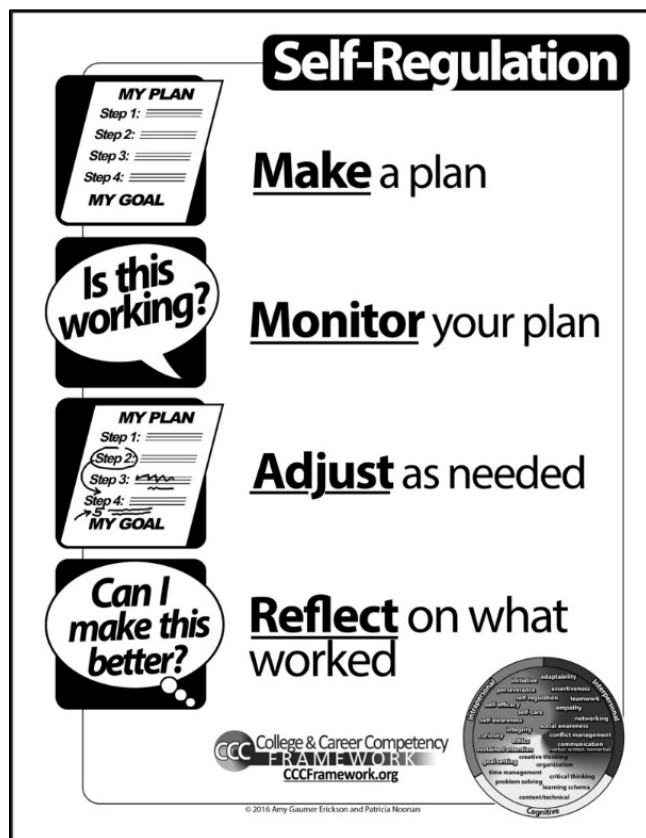
### Analyzing Options

1. What choices do I have?
2. What are the likely outcomes from each option?
3. Which option will I choose? Why?

### Implementation Intentions

IF [this happens] THEN [I will do this].

Visit <http://cccframework.org/> to learn additional self-regulation strategies, access research and resources, purchase lessons, and launch assessments or contact Dr. Amy Gaumer Erickson at [agaumer@ku.edu](mailto:agaumer@ku.edu).



**Self-Regulation**

**Make** a plan

**Monitor** your plan

**Adjust** as needed

**Reflect** on what worked

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Additional research on these strategies:

Celestine, N. (2021). What is mental contrasting and how to benefit from it? *Positive Psychology*.

Available from

<https://positivepsychology.com/mental-contrasting/>

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Gollwitzer, P. M., & Sheeran, P.

(2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. In M. P. Zanna (Ed.), *Advances in experimental social psychology* (38, 69-119).

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