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/](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.

Additional research on these strategies:

