

# CHANGING

## Exercise 3

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### Change Plan

You have selected two options for your Trigger Situation 2. **For each option**, describe what you need to do to achieve that option.

- Your **Change Plan** should describe in some detail **how you could put your option into practice**.
- It helps to break your plan into **smaller steps**.

#### ◆ Option # 1 Change Plan

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#### ◆ Option # 2 Change Plan

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## EXERCISE 3: DEVELOPING NEW OPTIONS

In this exercise you will develop new options and action plans for the high risk trigger situations you described in *Exercise 2*.

### Identifying Triggers



### Trigger Situation 1

**Describe two** options and their likely consequences for your first trigger situation in Exercise 2.

- Be as **specific** as possible in describing your options, all of which should be **feasible**.
- **For each option**, describe what you think would happen if you used that option.
- Consider **both negative and positive** consequences.
- Finally, decide which option would be your best and second best option for dealing with this trigger situation.

#### ◆ Option 1

Likely Consequences \_\_\_\_\_  
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\_\_\_\_\_

#### ◆ Option 2

Likely Consequences \_\_\_\_\_  
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### Change Plan

You have selected two options for your Trigger Situation 1. **For each option**, describe what you need to do to achieve that option.

- Your **Change Plan** should describe in some detail **how you could put your option into practice** .
- It helps to break your plan into **smaller steps**.

#### ◆ Option # 1 Change Plan

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#### ◆ Option # 2 Change Plan

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### Trigger Situation 2



**Describe two** options and their likely consequences for your second trigger situation in Exercise 2.

- Be as **specific** as possible in describing your options, all of which should be **feasible**.
- **For each option**, describe what you think would happen if you used that option.
- Consider **both negative and positive** consequences.
- Finally, decide which option would be your best and second best option for dealing with this trigger situation.

#### ◆ Option 1

Likely Consequences

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#### ◆ Option 2

Likely Consequences

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