Exercise on Developing New Options and Plans

Individual and Group Session 3

In this exercise you will develop new options and action plans for the high-risk trigger situations you described in the exercise on Identifying Triggers.

TRIGGER SITUATION 1

Describe two options and their likely consequences for your first trigger situation in the exercise on Identifying Triggers.

- 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: ________________________________________________
  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________

- 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

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

- Option # 2 Change Plan

____________________________________________________________________________________
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(cont.)
TRIGGER SITUATION 2

Describe two options and their likely consequences for your second trigger situation in the exercise on Identifying Triggers.

- 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: ____________________________________________________________________
  ______________________________________________________________________________________
  ______________________________________________________________________________________
  ______________________________________________________________________________________
  ______________________________________________________________________________________
  ______________________________________________________________________________________

- Option 2: ____________________________________________________________________________
  Likely Consequences: ____________________________________________________________________
  ______________________________________________________________________________________
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  ______________________________________________________________________________________
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(cont.)
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

- Option # 2 Change Plan