Exercise 3

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.

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: ____________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

♦ Option 2:

Likely Consequences: ____________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
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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____________________________________________________________________
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♦ Option 2:___________________________________________________
Likely Consequences:__________________________________________
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