CLIENT HANDOUT 4.8

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:	
	(cont.)

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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		



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:	

(cont.)

Exercise on Developing New Options and Plans (page 4 of 4)

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