

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.)



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: _____

(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**
