

My Plan of Action for Surviving This Event

Event/Holiday Celebration: _____

Date and Time: _____

My Goal For this Event: _____

Other Specific Personal Goals:

1. _____

2. _____

3. _____

Identify possible triggers that you might encounter at this event:

1. _____

2. _____

3. _____

Identify a healthy strategy to manage the triggers from above:

1. _____

2. _____

3. _____
