



My Plan of Action for Surviving HALLOWEEN...



My Goal For this Event: _____



Other Specific Personal Goals:

1. _____
2. _____



Identify possible triggers that you might encounter at this event:

1. _____
2. _____



Identify a healthy strategy to manage the triggers from above:

1. _____
2. _____



If you are participating... what will you hand out to Trick or Treaters?

1. _____
2. _____

