

Developing an Action Plan

Create a clear action plan to replace negative behaviors with positive ones.

Instructions

1. **Brainstorm:** Have teens brainstorm alternative positive behaviors they can engage in when they feel triggered.

2. **Worksheet:** Provide the following worksheet to each teen:

• Name: _____

• Date : _____

• Negative Behavior :

• Trigger :

• Alternative Positive Behavior :

• Steps to Implement the Positive Behavior :

• Step 1: _____

• Step 2: _____

• Step 3: _____

• Support Needed :

• How will you track your progress?
