

# Alternative Action Formulation

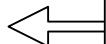
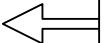
## Problems & Difficulties

Write all the problems you are having

## Vulnerability

### Triggers

What is making these problems bad?



## Coping Strategies

What makes you feel better?

## Coping Strategies Effects

How do these coping skills make you feel?  
Advantages and Disadvantages?

## Alternative Actions

If your current coping skills aren't enough, what else could you try?