

TRAP & TRAC

Triggered Response Action Plan

Trigger

Upsetting event

Response

Thoughts and feelings about the event

Avoidance Pattern

Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)

What are the SHORT TERM consequences of my Avoidance Pattern?

What are the LONG TERM consequences of my Avoidance Pattern?

TRAP & TRAC

Triggered Response Action Plan

Trigger

Response

Alternative Coping

Upsetting event

Thoughts and feelings
about the event

What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?

What are the likely SHORT TERM consequences
of my Alternative Coping Plan?

What are the likely LONG TERM consequences
of my Alternative Coping Plan?