**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?