

Trigger Avoidance Plans & Strategies.

Trigger Avoidance Plans & strategies sound like a great idea, just what you may need to help with the triggers you've identified. We'll look at a couple but first complete the table below by ticking those that make you angry. Make sure you add the top four you identified on the previous task.

When people talk about me.	When people call me names.
When I'm told off.	When I'm unfairly treated.
When people call my family names.	When I see someone being bullied.
When I'm shouted at.	When someone ruins my work.
When I get my work wrong.	When someone steals my things.
When people don't listen to me.	When I do something good & no one notices.
When I hurt myself.	When others get more attention than me.
When people are angry with me.	When people won't listen to my side.

The 'I will' Avoidance Plan (not I will Not).

This avoidance Plan is to look at the 'I will' & not the 'I will not'. As discussed before it is easy to focus on the negative instead of the positive. At what you are failing & not what positives you could easily put in place to remove the negative. This plan looks at drawing up realistic, positive plans to avoid your anger triggers.

Trigger: Getting told off for being late to lesson.

Avoidance Plan: I will pack up quicker & I will walk straight to the next lesson. I will tell friends I will chat later. I will arrive with the group.

Using the 'I Will' Avoidance Plan complete the table below.

Trigger	Avoidance Plan