



IF-THEN PLAN

Communication

An If-Then Plan helps you prepare for situations that may cause family conflict, like when you have difficulty communicating with each other.

IF you plan how you're going to react to something,
THEN you'll know what to do when it happens.



Remember

IF is a specific cue you can react to quickly.

THEN is a specific action or actions you can do immediately.



Example

Situation: Free time vs. homework

IF (OR WHEN) I finish my homework,

THEN I'll tell my mom, so she doesn't have to ask me about it.

Situation: _____

IF (OR WHEN) _____

THEN _____