



# IF-THEN PLAN

## Independence

An If-Then Plan helps you prepare for situations that may cause family conflict, like when family members feel their independence and privacy aren't being respected.

**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:** Invasion of privacy

**IF (OR WHEN)** my daughter's door is closed,

**THEN** I'll knock and wait for permission to enter.

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Situation: \_\_\_\_\_

IF (OR WHEN) \_\_\_\_\_

THEN \_\_\_\_\_