



IF-THEN PLAN

Responsibility

An If-Then Plan helps you prepare for situations that may cause family conflict, like not discussing rules and responsibility in advance.

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: Discussing rules in front of friends

IF (OR WHEN) I'm going out with my friends,

THEN I'll discuss any rules with my parents in advance.

Situation: _____

IF (OR WHEN) _____

THEN _____