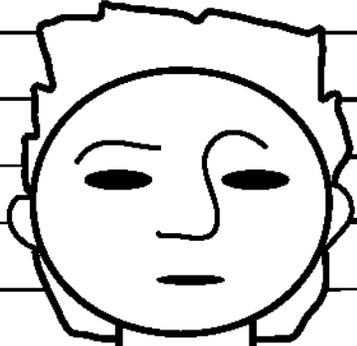


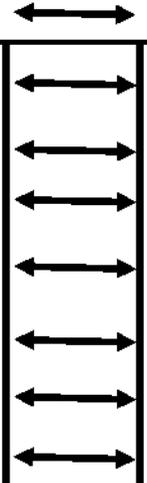
Name: _____ Date: _____

"Listen and list challenges you are experiencing"



IDENTIFY Your focus...in question form

Brainstorm options (Realistic & Unrealistic) ↔ **Reality Test-write your action responses (What would that look like?)**



What are the steps to your best solutions?

ENCOURAGE

Write your action plan. (With detail and timeline)

ENCOURAGE: _____