

TAKE CHARGE

TRANSPLANT

Action Planning Instructions / Examples

1. Clarify the issue or the problem

Clarify the problem: My parents keep reminding me to take my own medicine because they don't seem to trust that I'll remember to take it.

2. Identify possible courses of action

The point here is to come up with lots of options. Even if some seem bad, it might get you thinking about other options that could work well.

Possible courses of action: Do nothing; get really mad; nag them repeatedly over something simple that they are supposed to do; set up a reminder on my phone and tell my parents every time I take my medicine before they can bug me about it; ask my aunt to talk with my parents to make them leave me alone; and so on.

3. Come up with a plan and put it into action

Come up with a plan and act on it: I'll set my phone to remind me to take it and I'll get my aunt to talk with them about how I feel and what I'm doing.

4. Evaluate and make changes if necessary

Evaluate: It's been two weeks and my parents are not bothering me as much because they know I am taking my medicine without needing to be reminded by them.

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■ Action Planning

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Date

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