

# Action Plan Worksheet

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**Instructions:** Create a plan for dealing with specific triggers and cravings. Include steps to take and people to contact when faced with a trigger.

**Trigger:**

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## **ACTION PLAN:**

### **1. Immediate Steps:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **2. People to Contact:**

- Name: \_\_\_\_\_
- Contact Information: \_\_\_\_\_
- Name: \_\_\_\_\_
- Contact Information: \_\_\_\_\_
- Name: \_\_\_\_\_
- Contact Information: \_\_\_\_\_

### **3. Coping Strategies:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **4. Preventative Measures:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_