

# CONSEQUENCES

My Actions

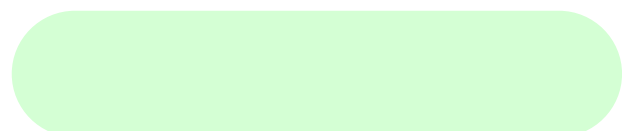
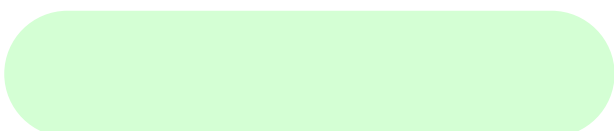
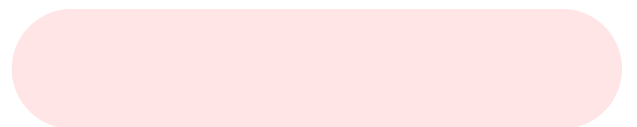
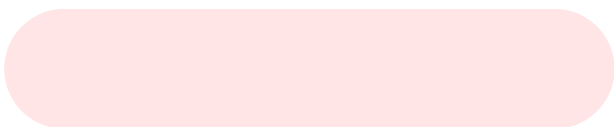
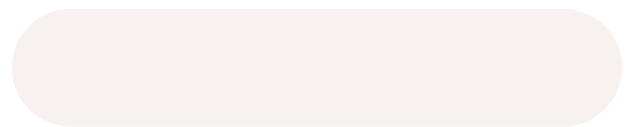
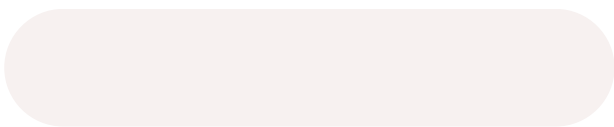
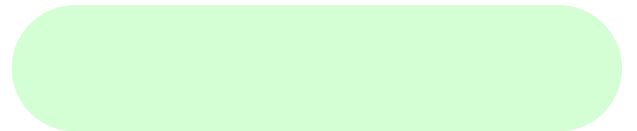
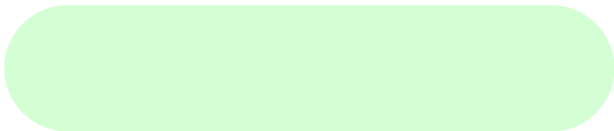
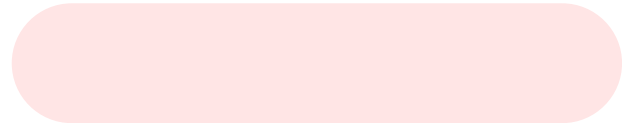
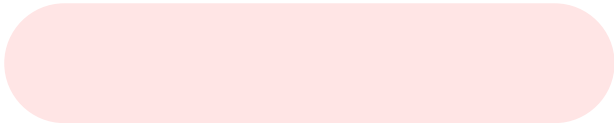
Have Consequences



# BEHAVIOR

Good Behaviour

Bad Behavior



# BEHAVIOR CHART

Behavior	M	T	W	T	F	S	S	Points
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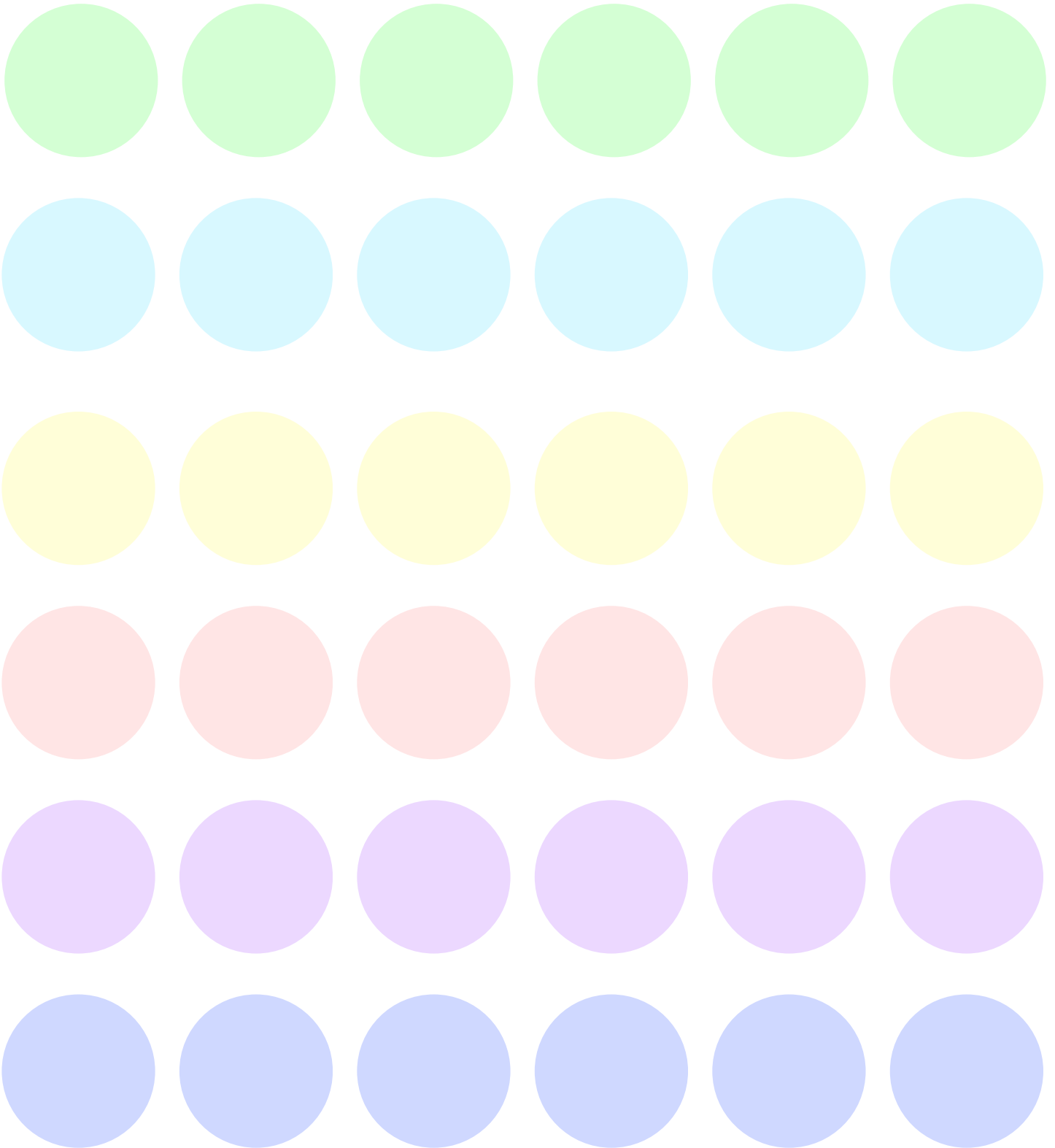
Reward

Goal ..... Total.....

# GOOD BEHAVIOR

Reward chart

start



You did it!

Reward :

# BEHAVIOR JOURNAL

This week, what was the one situation that made me feel unhappy?

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After getting upset, how did I handle the situation?

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If the situation happens again, how can I handle it?

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Whenever I feel upset, anxious, angry or sad, what calms me down?

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Is there one situation I handled well and felt proud of myself?

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# TRIGGERS

## Anger triggers

What makes me angry

## Coping skills

What I can do to feel calm

# TRIGGERS

What triggers me the most?

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How do I feel and react when this triggers me ?

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How long did I experience this trigger ?

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My triggers

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# MY COPING SKILL

Top 3 triggers

Warning signs

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Coping Skills

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People who I can talk

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Positive self talk

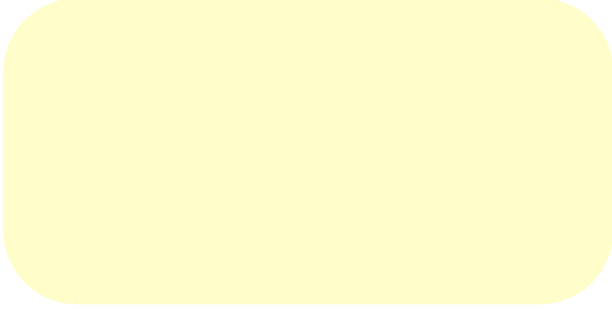
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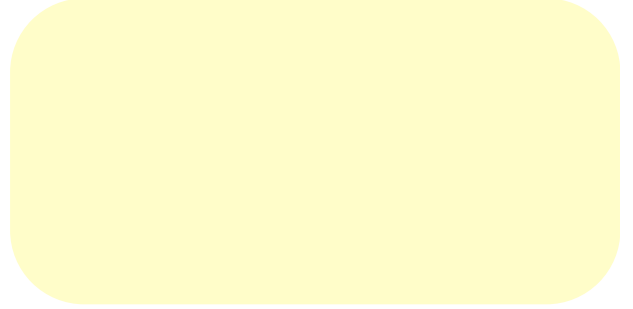
# MY COPING SKILL

Write down the coping skills that you can use in these places when you experience any triggers!

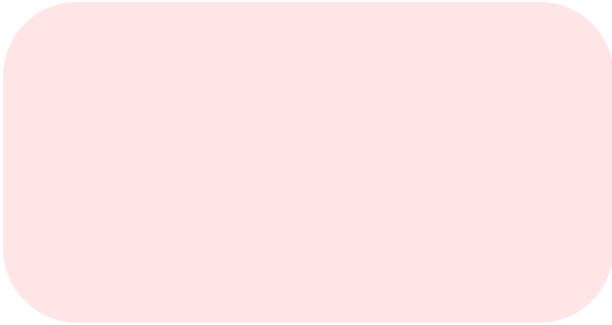
At Friends House



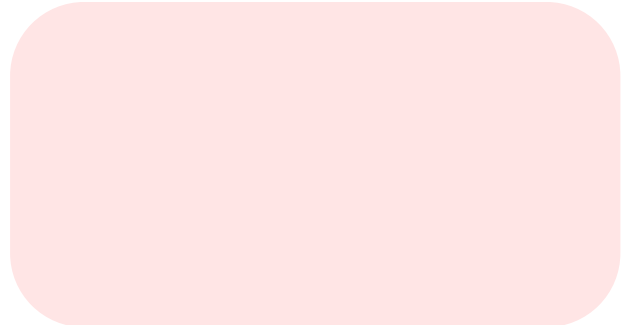
At Home



Outside



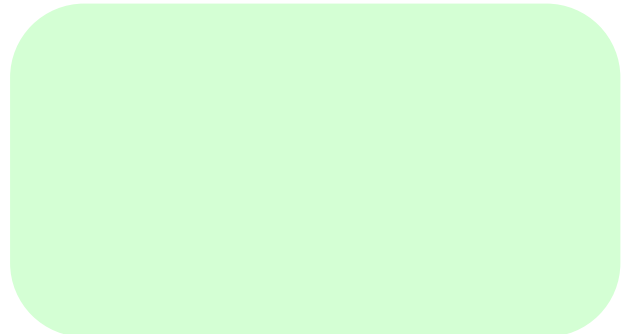
At School



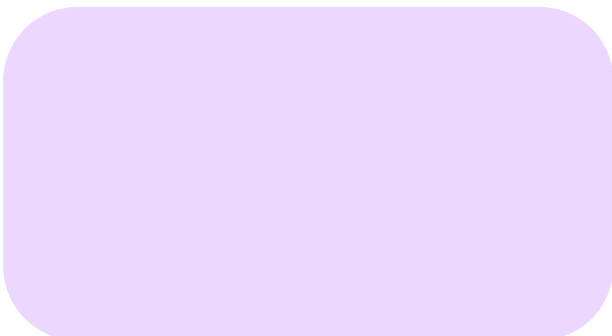
Shopping Mall



At After-School Club



Resaurant



In The Car

