

Responsibility Plan for Youth (15-17 years) Who Use Abusive Behaviours

I will pay attention to changes in my thinking, feelings and behaviours and take action to stop my abusive behaviour.

1. Just before I am abusive ...

... I am thinking		... I am stressed out by	
... I am feeling <input type="checkbox"/> frustrated <input type="checkbox"/> angry <input type="checkbox"/> helpless <input type="checkbox"/> overwhelmed <input type="checkbox"/> scared <input type="checkbox"/> ashamed <input type="checkbox"/> embarrassed <input type="checkbox"/> guilty <input type="checkbox"/> desperate <input type="checkbox"/> hurt <input type="checkbox"/> insecure <input type="checkbox"/> lonely <input type="checkbox"/>	... physically, I am <input type="checkbox"/> clenching my fists <input type="checkbox"/> gritting my teeth <input type="checkbox"/> pacing <input type="checkbox"/> tired <input type="checkbox"/> wired <input type="checkbox"/> experiencing stomach aches or headaches <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	... high-risk activities that I may be doing are <input type="checkbox"/> driving recklessly <input type="checkbox"/> punching walls <input type="checkbox"/> breaking things <input type="checkbox"/> drinking <input type="checkbox"/> using drugs <input type="checkbox"/> gambling <input type="checkbox"/> hanging with certain friends <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

2. I will think of ways to prevent my abusive behaviour. (What have I done in the past to help me stop? What have I done in the past to help myself that didn't work? How come, should I look at them again?) To prevent those situations from coming up, I can:

Reduce high-risk activities such as drinking, gambling and using drugs by:

Get rid of some of the sources of stress by:

Do healthier things such as:

Get help by:

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3. When I choose to be abusive, the people and things I risk losing:

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4. In order to avoid losing the people and things I care about, I will be more aware of:

The situations that might lead to being abusive:

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5. Three things I can do to handle these situations in a better way:

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6. Friends or family I could stay with:

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How will I get there? Day vs. Night, weekend vs. weekday	Safety issues if I go there.	How long can I stay there?
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I am making this commitment because ...

I am committed to doing what is necessary to stop using abusive behaviours.

Yes

No

Don't Know

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Signature: _____ Date: _____