

# Alternative Action Formulation

## Problems & difficulties

List all of the problems that you are having

## Vulnerabilities

What makes you more likely to experience this problem than someone else?

## Triggers

What made these problems so bad *now*?

## Coping strategies

What do you do to cope with these problems?  
What makes you feel better, at least temporarily?

## Effects of these coping strategies

How do these strategies make you feel in the short-term,  
and in the long-term?  
What are the advantages and disadvantages?

## Alternative actions

If your current solutions aren't completely effective,  
what else could you try?

Consider common CBT mechanisms: avoidance, cognitive bias,  
conditioning, rumination, safety behaviors, selective attention