

LSCI PLAN FOR SUCCESS



Instructions: Staff and youth complete this form together to plan for positive outcomes following a stressful situation.

Date: ____/____/____ Youth Name: _____ Staff Name: _____

1. What happened?

2. What did I learn from the situation?

3. What solutions were agreed upon?

4. What are the benefits for me of this solution?

5. What new skills have I practiced?

6. Who or what was hurt?

7. What do I need to do to make things right?

8. Do I need to apologize to anyone? If so, to whom and why?

9. Are there any consequences as a result of what happened? How will I show responsibility?

10. What will I do when something like this happens again in the future?

11. Who are two people I can go to for help when I feel upset or triggered?

12. What are three strategies I can use to calm myself down when I begin to feel upset?

13. What are some likely things that may happen when I return? How can I respond in an effective way?