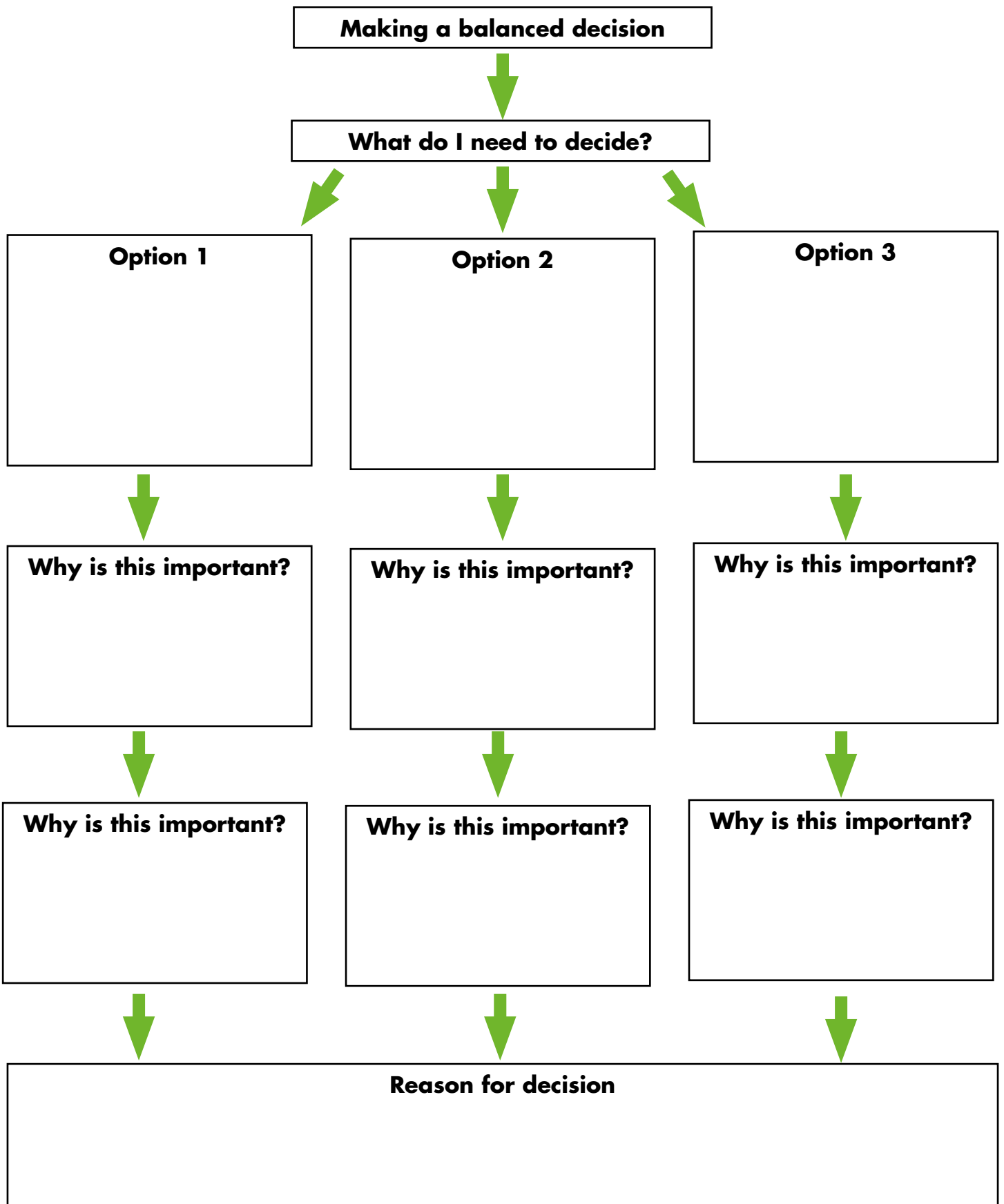


# Tool 7: SOCCSS



## Tool 7: SOCCSS

### Situation

In your own words can you explain...

What happened? \_\_\_\_\_

Why did it happen? \_\_\_\_\_

<u>Options</u> what could you have done?	<u>Consequences</u> what could have happened if you did that?	<u>Choices</u> rank the consequence you would prefer

## Tool 7: SOCCSS

### Strategy

[from the option that was selected write out a measurable plan of action]

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### Simulation

[it is important to practice the Strategy – details needed on who and how you will practice the strategy]

I will practice the strategy...

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I will practice the strategy...

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To practice the strategy I will need...

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# Tool 7: SOCCSS - younger version

Discuss issue with child

You may need to fill in some sections without discussion

**Situation**

In your own words can you explain...

What happened? \_\_\_\_\_

Why did it happen? \_\_\_\_\_

This is what actually happened.

Help will be needed with these choices

<u>Options</u> what could you have done?	<u>Consequences</u> what could have happened if you did that?	<u>Choices</u> rank the consequence you would prefer

## Tool 7: SOCCSS - younger version

You can now write out a plan and use visuals to illustrate the plan

### Strategy

[from the option that was selected write out a measurable plan of action]

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### Simulation

[it is important to practice the Strategy – details needed on who and how you will practice the strategy]

I will practice the strategy...

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I will practice the strategy...

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To practice the strategy I will need...

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