

MY ACTION PLAN

On (date)_____ I set up this action plan. I completed this plan when I was in a state of mind that was clear and congruent with what I am desiring. My goal is to honor God in my actions, and love others. I am choosing to create an action plan for if I encounter (the individual) _____ because I believe it is the most loving thing to do. I will use this action plan to help me through unexpected occurrences with the individual for the betterment of my safety, emotional health, and spiritual health, as well as the protection for my family.

CHECK IN

Signs that I may be ruminating on this person (thoughts, mood, behavior, situations).

1. _____
2. _____
3. _____

THINK

Things I can do spiritually to help me cope:

1. Prayer - Bring my fears to God _____
2. Bible Verses - Remind myself of truth _____
3. Journaling - Share fears, overwhelming thoughts, frustration, etc. with God. _____

REMEMBER

Bible Verses & Explanation of how this helps me trust & rely on God.

1. _____
2. _____
3. _____

STEP 1

If this person tries to contact me, or I run into them what will I do & say? (rehearse this)

1. _____
2. _____
3. _____

STEP 2

If this person continues to contact or speak to me after step 1, what will I do and/or say?

1. _____
2. _____
3. _____

STEP 3

If this person continues to contact or speak to me after step 2, what will I do and/or say?

1. _____
2. _____
3. _____

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10