**Action Plan (Example)**

**Changes I Am Making Steps**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. Avoid any aggressive or 1.Monitor my anger level 3x/day**

 **Violent behaviors 2.Take a time out when anger level reaches a 4**

 **Toward my partner or 3.Use active listening skills**

 **family 4.Do not interrupt or raise voice**

**5.Practice deep breathing and relaxation daily to keep my overall stress level lower.**

 **6.Avoid using any alcohol or drugs**