

## **TRAP Worksheet**

### **TRAP 1:**

Situation: \_\_\_\_\_

Trigger: \_\_\_\_\_

Response: \_\_\_\_\_

Avoidance Pattern: \_\_\_\_\_

Short Term Consequences: \_\_\_\_\_

Long Term Consequences: \_\_\_\_\_

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### **TRAP 2:**

Situation: \_\_\_\_\_

Trigger: \_\_\_\_\_

Response: \_\_\_\_\_

Avoidance Pattern: \_\_\_\_\_

Short Term Consequences: \_\_\_\_\_

Long Term Consequences: \_\_\_\_\_

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### **TRAP 3:**

Situation: \_\_\_\_\_

Trigger: \_\_\_\_\_

Response: \_\_\_\_\_

Avoidance Pattern: \_\_\_\_\_

Short Term Consequences: \_\_\_\_\_

Long Term Consequences: \_\_\_\_\_