

Catholic Social Services of Washtenaw County
Alternatives to **D**omestic **A**ggression
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Option Building Group - Option Log

Name: _____ Due Date: ____/____/____

Date of behavior ____/____/____

Option(s) **you** used:

1. What was going on when **you** decided to use this new option?

2. What emotions were **you** feeling and why?

3. What was **your** self-talk?

4. How did **you** use this option?

5. How did this effect **you**?

6. How did this effect the other person(s) involved?

7. Write two things you want feedback on, from your group, about this situation.

(1)

(2)
