Appendix 2

Emergency Guide Maps
Guide maps for reflection and problem-solving for teens thinking about running
Leaving Early

Mapping and the TRIP may help you have productive discussions with clients who want to leave treatment early.

One possibility is to use a “free” map (see the TRIP Introduction) to encourage the client to think about reasons for leaving/staying, consequences, and solutions.

The “guide” maps on the next pages might also be useful. In addition, ideas from other portions of TRIP can be brought into the discussion. For example, the TRIP units on self-talk and nudges (The Art of the Nudge) might be used to help the client shift perspectives.

Clearly the use of these approaches requires good clinical judgment. A client may not be ready or willing to engage in cognitive activities. Other more emotion-based methods may be needed before or in lieu of mapping or TRIP approaches.
WANTING TO LEAVE THE PROGRAM EARLY

1. Why am I thinking about leaving?

2. Should I go or should I stay?
   - What happens if I go?
   - What happens if I stay?
3. If I stay how can I make it better for myself?

Use the space below to draw or write about what your "gut" tells you is the right thing to do:
YOU ARE ABOUT TO TAKE A BIG STEP...(Describe it)

HOW WILL THINGS BE DIFFERENT AFTERWARDS?

A

B

C

WEIGH THESE DIFFERENCES

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

WHAT SHOULD YOU DO?
Feelings About Going or Staying

(1) YOUR FEELINGS

If you leave how will you feel:

(a) Tomorrow?

(b) One week from now?

(c) One month from now?

If you stay how will you feel:

(a) Tomorrow?

(b) One week from now?

(c) One month from now?
Besides yourself, who is the most important person in your life?

_____________________

(THEIR FEELINGS)

(2)

If you leave how will this person feel:

(a) Tomorrow?

(b) One week from now?

(c) One month from now?

If you stay how will this person feel:

(a) Tomorrow?

(b) One week from now?

(c) One month from now?