

***TRIP APPENDIX***

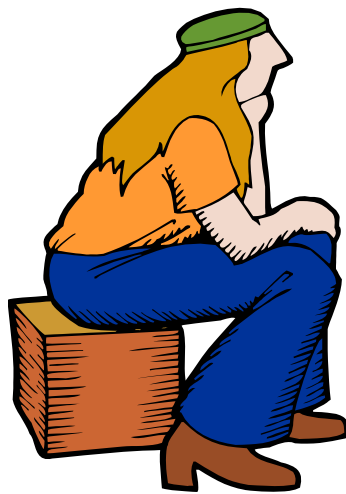
***Appendix 2***



***Emergency Guide Maps***

# 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?

A large, empty rounded rectangular box intended for the user to write their reasons for wanting to leave the program early.

2.

Should I go or should I stay?

What happens if I go?

A large, empty rounded rectangular box intended for the user to write the consequences of leaving the program early.

What happens if I stay?

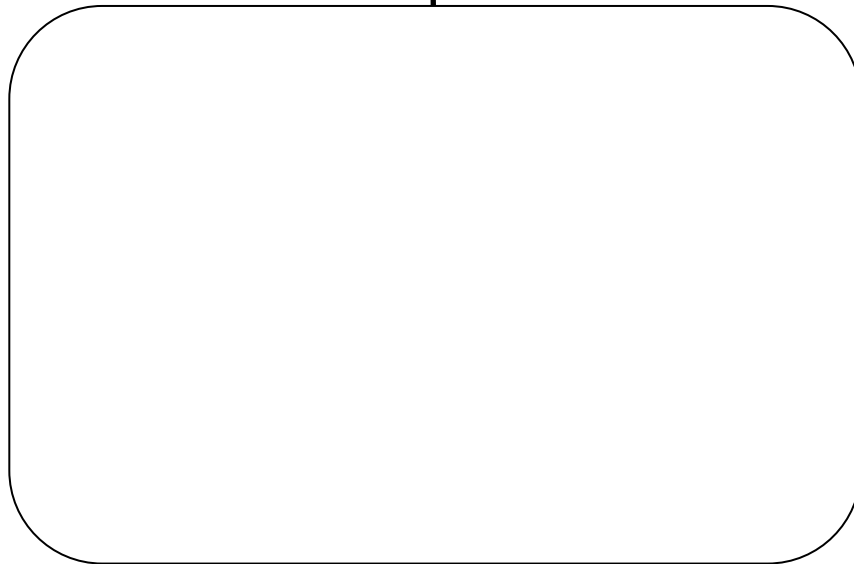
A large, empty rounded rectangular box intended for the user to write the consequences of staying in the program.

## ***EMERGENCY GUIDE MAPS***

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3.

If I stay how can I make it  
better for myself?



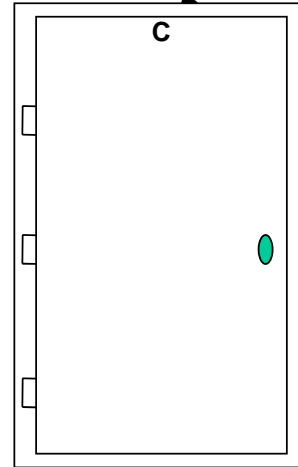
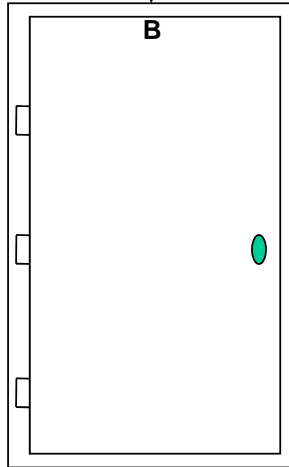
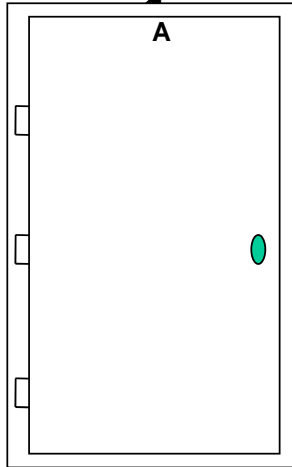
*Use the space below to draw or write about what your "gut" tells you is the right thing to do:*

# EMERGENCY GUIDE MAPS

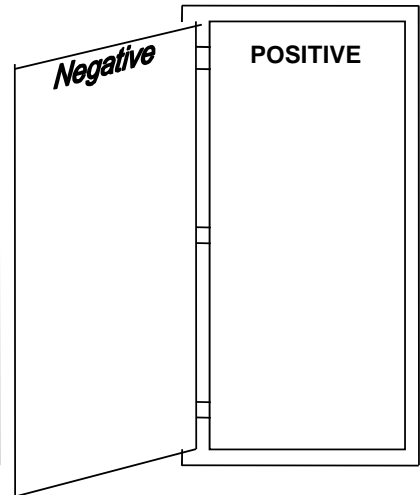
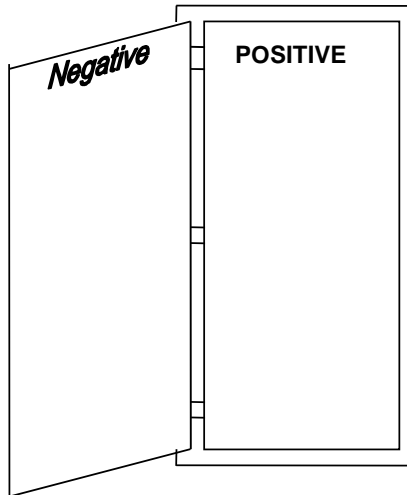
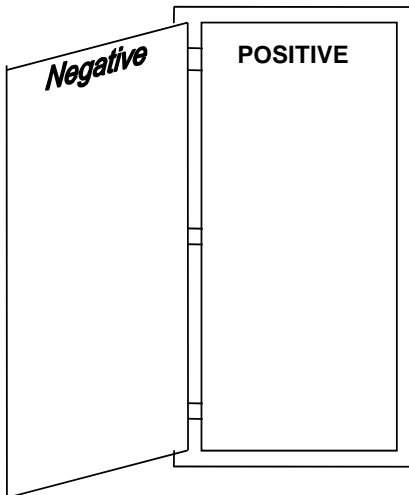


YOU ARE ABOUT TO TAKE A BIG STEP...(Describe it)

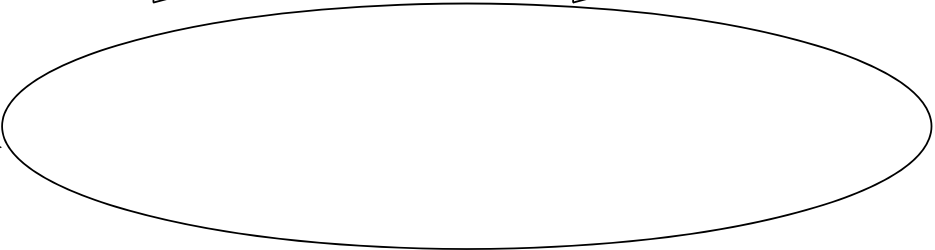
HOW WILL THINGS BE DIFFERENT  
AFTERWARDS?



WEIGH THESE  
DIFFERENCES



WHAT SHOULD  
YOU DO?



**Feelings About Going or Staying**

(1)



**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?**

## ***EMERGENCY GUIDE MAPS***

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**Besides yourself,  
who is the most important person  
in your life?**

\_\_\_\_\_ (NAME)

(2)

*THEIR FEELINGS*

**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?**