

Exercise

Professional Version | US English

TRAP & TRAC



Description

TRAP and TRAC are acronyms which stand for:

- Trigger > Response > Avoidance Pattern
- Trigger > Response > Alternative Coping

This pack of *TRAP & TRAC* worksheets can be used to help clients to explore the antecedents and consequences of their avoidance patterns (*TRAP*: which typically result in unintended consequences). They can be used to plan and initiate alternative coping strategies (*TRAC*: which might result in short-term discomfort but lead to more adaptive long-term outcomes). *TRAP & TRAC* can be usefully used as part of a behavioral activation programme as a way of overcoming responses which result in avoidance of potentially valued activity.

Instructions

The *TRAP* worksheet should be used first to formulate the antecedents and consequences of a client's specific avoidance pattern (avoidance behavior). It can be helpful to frame the avoidance patterns as active attempts at problem-solving. Intended and unintended consequences of the avoidance pattern can be explored. If there is acknowledgement that the avoidance pattern comes with some costs, then alternative coping strategies can be generated and their likely consequences analyzed. These alternative coping strategies can then be tested behaviorally.

References

Jacobson, N. S., Martell, C. R., & Dimidjian, S. (2001). Behavioral activation treatment for depression: Returning to contextual roots. *Clinical Psychology: Science and Practice*, 8(3), 255-270.

Trigger

Response

Avoidance Pattern

Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)

What are the SHORT TERM consequences of my Avoidance Pattern?

What are the LONG TERM consequences of my Avoidance Pattern?

Trigger

Response

Alternative Coping

Upsetting event	Thoughts and feelings about the event	What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?

What are the likely **SHORT TERM** consequences of my Alternative Coping plan?

What are the likely **LONG TERM** consequences of my Alternative Coping plan?

Trigger

Response

Avoidance Pattern

Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)
<p>wife not spending as much time with me anymore.</p>	<p>She doesn't care about me.</p> <p>She doesn't understand how I feel.</p> <p>She doesn't love me anymore.</p>	<p>Isolate myself.</p> <p>make sarcastic remarks.</p> <p>Stop asking my wife to do things with me.</p>

What are the SHORT TERM consequences of my Avoidance Pattern?

Continue to feel unappreciated.

Atmosphere in the house remains tense.

What are the LONG TERM consequences of my Avoidance Pattern?

my wife may leave me or ask for a divorce.

Trigger

Response

Alternative Coping

Upsetting event	Thoughts and feelings about the event	What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?
wife not spending as much time with me anymore.	She doesn't care about me. She doesn't understand how I feel. She doesn't love me anymore.	Tell my wife how I feel. Ask her what she wants from our marriage. Show an interest in what she's doing. Invite my wife out to something with me.

What are the likely SHORT TERM consequences of my Alternative Coping plan?

I will know where my relationship is going.

I'll feel nervous - she might reject my offer.

I'll feel better because I'm making an effort.

What are the likely LONG TERM consequences of my Alternative Coping plan?

I might improve my relationship with my wife.

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