



# TEMPERANCE

## Cadet Handout

### MY TEMPERANCE PLAN

#### HOW CAN I HELP MYSELF MODERATE MY EMOTIONS AND IMPULSES TO MAKE GOOD DECISIONS?

Vision	What are CAP's core values?	
	What are my core values?	
	What are my long-term goals?	
Strategy	Which parts of my routine bring order and predictability to my life?	
	Which situations make it harder for me to make responsible decisions?	
	Who will help me be accountable to my values and long-term goals?	
Tactics	How can I calm myself down?	
	What can I do to buy time?	
	Who will help me with an X-Plan?	

The X-Plan is a strategy for parents and teens to work together to help them get out of a social situation that they know isn't good for them. It works like this: a teen simply texts the letter "X" to mom or dad, who then replies with a text like, "something bad has happened, and I need you to come home right away." This can give a kid an out, an escape of sorts, while removing the fear of bullying, social ostracization, or looking "dumb" in front of their friends. It can also help give parents peace of mind that their child has a concrete strategy to deal with uncomfortable situations.