

# Responding to a Roadblock

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Skill Steps for 'Responding to a Roadblock'

### 1. Identify the roadblock and the reasons it occurred.

Attempt to be objective and leave out your feelings and opinions.

### 2. Identify steps to overcome the roadblock and add them to your Success Plan.

Brainstorm approaches.

Link them to outcomes.

Choose the best approach and do it.

### 3. Practice your updated Success Plan.