

Self-Management Plan: Offence Prevention Plan

Aim: to help you identify early warning signals and high risk situations so that you can prevent your offending behaviour.

List three **EARLY WARNING SIGNS** that you identified in your offence map. (e.g. drinking, using, not talking to each other, etc.)

1.

2.

3.

List three **HIGH RISK SITUATIONS** that you identified in your offence map. (e.g. bottling up feelings, excessive drinking, fighting, etc.)

1.

2.

3.

Name three **THINGS YOU CAN DO** when you notice you are at of risk re-offending. (e.g. stop drinking, talk to a support person or friend about how you feel etc.)

1.

2.

3.