SOCCSS Worksheet- Getting Angry at My College Roommate Example

Situation

Who: My college roommate, Jackie, and me

When: In the evening after classes have ended

What: I wanted to play a video game with my roommate Jackie, but Jackie wanted us to play pool at the recreation center. Jackie kept pressuring me to play pool. I got upset and swung the pool stick at him. It hit Jackie in the back.

Why: I was mad at Jackie for pressuring me to play pool. I don't like to play pool.

Where: Recreational Center on campus

Desired Outcome:

Options	Consequences	Choices
1. Walk away from playing pool	Jackie might think I'm upset at him.	3
2. I could say, "No, thanks! I'll play my video game instead."	I would enjoy playing my video game.	2
3. Explain to Jackie I don't like playing pool and maybe we can play something we both like.	Jackie and I can have fun playing something we both like.	1
4. I could throw down the pool stick.	Jackie might get upset at me and I could scare other peers	4

Strategy: Action Plan (choose the option)

Option #3- I may not always like the same games as other people, but that is ok. I need to talk to my friend Jackie and explain to him that I don't likeplaying pool and not to pressure me to do something I don't want to do. I can let him know we should find a game that we both like and can play together.

Simulation	Select One
1. Text a family member or peer and let them know how angry I get whensomeone pressures me to do something I don't want to do.	
2. I could use the calm app on my phone to practice my breathing exercises.	X
3. I can practice how to respond to someone who wants me to do something I don't want to do.	

Simulation Outcomes

Practice using my calm app on my phone to help me breathe through moments when I'm feeling angry or stressed.

Follow-Up