

SOCCSS Worksheet - Birthday Party Example

<p>Situation: My cousin, Jesse, had a birthday party. He had chocolate cake and I wanted white cake. I got upset. I didn't want chocolate cake. It's a birthday party and people are supposed to have fun.</p>		
<p>Desired Outcome:</p>		
Options	Consequences	Choices
(a) I could eat chocolate cake and not say anything.	(a) I would not like the taste of chocolate cake.	Third Choice
(b) I could bring my own snack to eat when it's time for cake.	(b) I could enjoy my own treat and still eat with others.	First Choice
(c) I could say, "No, thanks" and not eat any cake.	(c) I would not get any cake/treat and the others would.	Second Choice
(d) I could throw the chocolate cake at Jesse.	(d) Jesse would be upset at his birthday party.	Fourth Choice
<p>Strategy: Action Plan (choose the option) Strategies: When I attend birthday parties, I need to know not everyone will have items I like. I can enjoy the birthday party and bring my own treats to eat when I do not like the cake or other food that is being served</p>		
Simulation	Select One	
My mom makes a dessert for dinner that I don't like. I can say "no thank you" and ask for something else that I like	X	
Talk with mom about food that could be served at different occasions and practice ways to respond		
<p>Simulation Outcomes Say no thank you or ask for something else</p>		
<p>Follow-Up</p>		