

# THE ESCAPE PLAN



**THE SITUATION.** List the places, people and/or activities that tend to lead you to face certain temptations.

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**THE OPTIONS.** What are two to three ways out of this temptation?

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**THE BEST OPTION.** Which escape option will be your first choice to take?

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**THE PREPARATION.** What are some things you will do in advance to avoid that particular temptation?

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