

Behavior/Perception Worksheet

1. What is the behavior in which you engage?

2. Describe the total behavior with all its components:

Actions:

Thinking:

Feelings:

Physiology:

3. What do you want that you are trying to get by using this behavior?

4. Can you think of a better way?

5. Can you change your perception in some way?

6. How can you get what you want without interfering with others getting their needs met, hurting anyone, or breaking the rules?