

Total Behavior Worksheet

Choose a behavior you engage in that you don't necessarily like and answer the questions below.

1. What is the behavior?
2. What are your actions?
3. What are your thoughts?
4. What are your feelings?
5. What is your physiology or what is your body doing?
6. What do you think you are trying to get by using this behavior?
7. Do you get it?
8. If yes, do you hurt yourself or anyone else in the process? Is it against the rules? Is it against the law?
9. If you don't hurt anyone, break any rules, or break the law, then ask yourself why is this behavior bothersome to you? Can you think about it differently so as to accept it without feeling bad?
10. If it does hurt someone, break the rules, or the law, then can you think another behavior you might use that would be just as effective in getting you what you want?