

Behavior Awareness Worksheet

In the 2-3 hours beforehand:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- Where are you?
- What time is it?
- Who's with you?

In the ½ hour to 1 hour beforehand:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- Where are you?
- Who's with you?

Immediately beforehand:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- Where are you?
- Who's with you?

BEHAVIOR AWARENESS WORKSHEET

As you start:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- What are you choosing to do?
- Why are you choosing this particular action?
- Where are you?
- Who's with you?

In the middle of it:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- What are you choosing to do?
- Why are you choosing this particular action?
- Where are you?
- Who's with you?

Afterwards:

- What are you doing?
- What are you thinking?
- What are you feeling, emotionally?
- What are you feeling, physically?
- Where are you?
- Who's with you?

BEHAVIOR AWARENESS WORKSHEET

If this happens again:

- Body – how can you change what you notice?
 - What can you stop noticing that you normally notice?
 - What can you start noticing that you normally don't notice?

- Brain – how can you change the story?
 - How can you change what you feel or think you need to do?
 - How can you change what you feel or think you want to do?
 - How can you change what you feel or think you should do?
 - How can you reframe the data into a more positive story?
 - How can you view the situation as a path to developing resilience?

- Behavior – how would a different story change your behavior?
 - What's currently working for you? How can you continue to do that?
 - What's not working for you? How can you stop doing that?