

Behavior Modification Worksheet

Instructions:

On this sheet, identify a behavior you can own that you want to modify. Name the behavior and explore how it serves you. If it didn't serve you somehow, you would not use that behavior, so be diligent in examining how this behavior serves you.

Then examine how the behavior harms you and possibly others.

Next, make a stretch: something you will do to be conscious of this behavior when it shows up and how you will decide on a different behavior.

Your stretch should include periodic self-reporting. Use the table below to track your progress.

Behavior: _____

How it serves me:

How it Harms Me:

Desired Replacement Behavior:

Stretch:

Date	Progress Notes:

