

What is the behaviour you want to change?

What situations, thoughts and feelings, tend to trigger this behavior?

What are the 'payoffs' or 'benefits' for doing this behaviour?

- escape or avoid challenging people, places, situations, or activities
- escape or avoid unwanted cognitions, emotions, memories, or sensations
- get our needs met
- gain attention
- gain approval
- get others to do what we want
- “look good” to others
- “fit in” with others
- feel better (e.g., relaxed, calm, happy, safe)
- feel righteous (we are “in the right,” and others are “wrong”)
- feel like we are successfully following important rules
- feel like we are working hard on ourselves or our problems
- feel like we are making sense (e.g., of life, the world, ourselves, others)
- feel comfortable by doing something familiar
- any others?

What are the costs of this behaviour? (Why do you want to change it?)

What's a good alternative to this behaviour; a more effective way of responding to the situations, thoughts and feelings that trigger it?

What skills do you need to learn, develop or apply, to help you do this?