



## Behaviour Change exercise

The purpose of this activity is to identify the reasoning to a behaviour or behaviours you created through an experience which you no longer wish to repeat. You will discover why you did what you did and come up with a better way of dealing with the situation in the future.

### Event and your response-

1

What made you behave this way?

2

What if this wasn't the reason? What else could it be? (come up with 3 options). Which one stands out to you?

3

What 3 NEW behaviours can you commit to that will support your new reasoning?

4

Go back to the original event and write down what you would do differently. How do you now feel about the situation?