

## Daily Reflection of Behavior

The client (and therapist) can benefit from reviewing significant events that occurred between sessions.

Use the table below with clients to capture daily behaviors that were either unexpected or part of habits that the client wishes to change.

Name / Date
What happened?
When and where did it take place?
How did I behave?
Why did it happen?
Who else was affected by how I acted?
How were they left feeling (upset/angry/sad/lonely etc.)?
How do I feel about how I acted?

Was how I behaved acceptable?

When I acted in this way, I was not showing (tick/circle):

Respect

Honesty

Responsibility

Cooperation

Compassion

Kindness

Anything else:

Dr. Jeremy Sutton