

Self-reflection Behavior Review

At the end of the year, or looking back on the client's life, it can help to look for patterns in behavior.

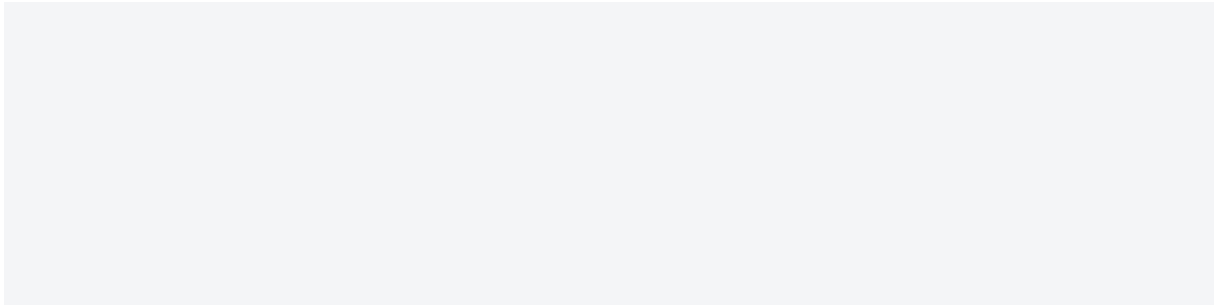
The following questions are a practical way to summarize events and see the recurring traps into which the client falls.

The summary provides a valuable talking point during therapy sessions and can later be referred back to assess how behavior has changed and improved.

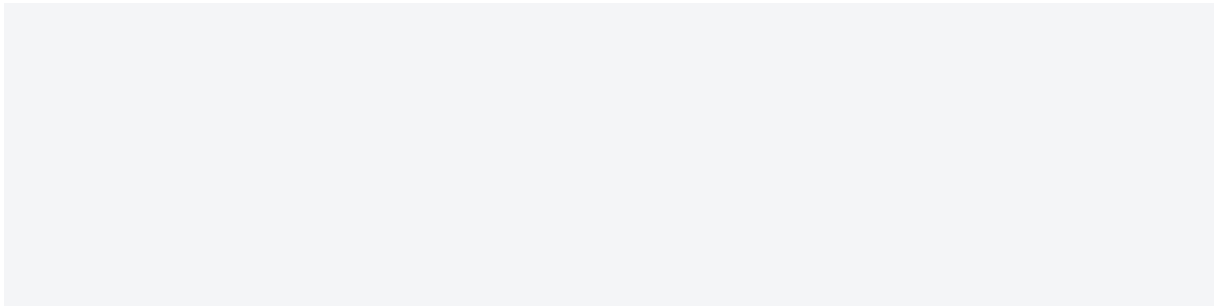
Ask the client to complete the following table and answer the questions below:

Date	What event or situation triggered my behavior?	Are you happy with how you behaved?	If YES, what was good/positive, and what was the outcome? If NO, how could you have handled this situation better?	What do you need to be mindful of next time?

Do you see a pattern in your behavior? If so, what is it?



How could you act differently going forward, or what situations should you avoid to stop the pattern from repeating?



Dr. Jeremy Sutton