

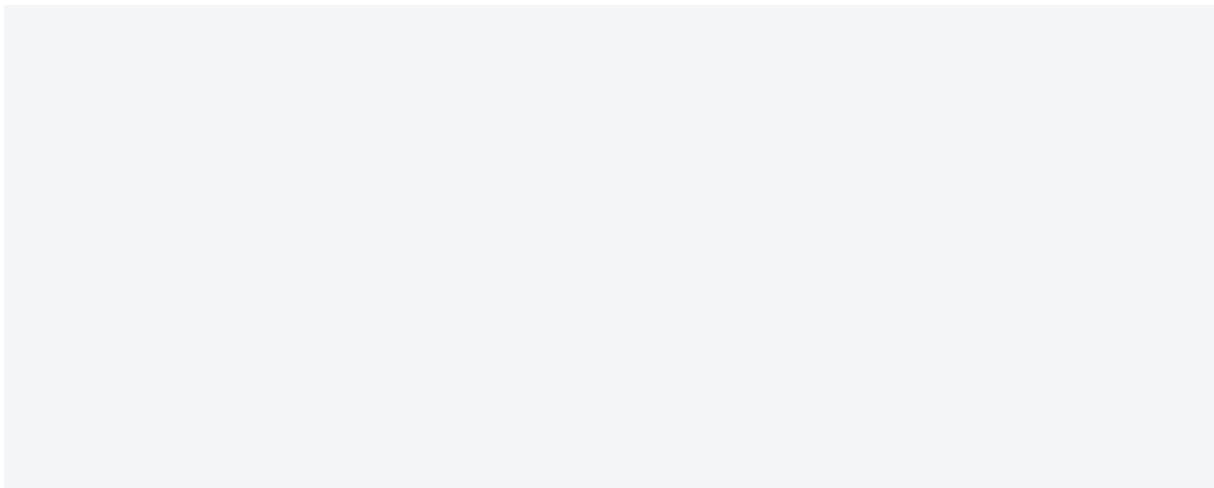
## What Behavior Do I Want to Change?

Poor behavior in the past often arises from unhelpful thinking habits, but that does not mean we have to continue with it into the future.

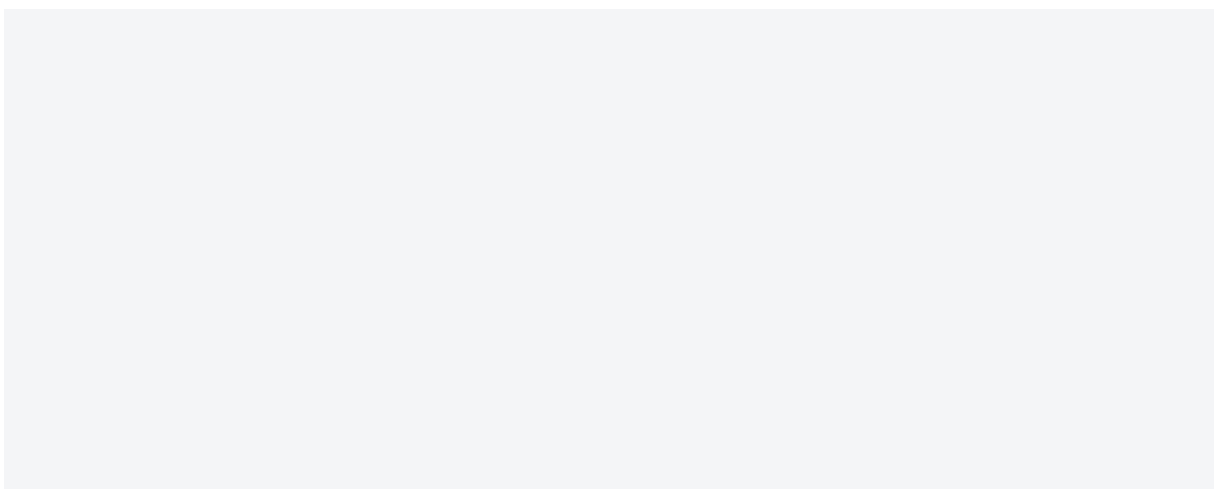
Through reflecting on what has happened, our thinking, and our behavior, we can consider new responses and learn to react in a more positive, helpful way.

Use the questions below to provide the focus required to identify what behavior you would like to change and how this could be achieved.

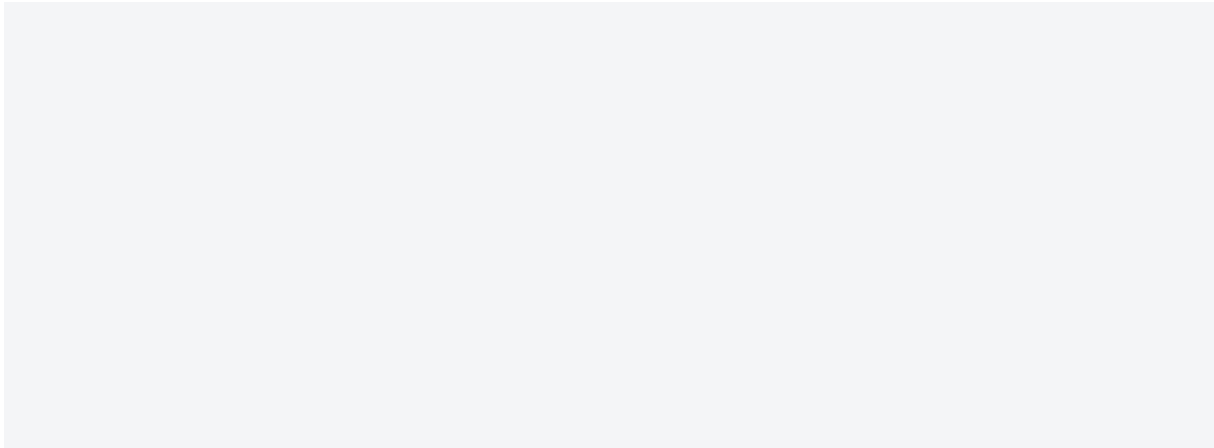
**What is the behavior? (such as, arguing or yelling)**



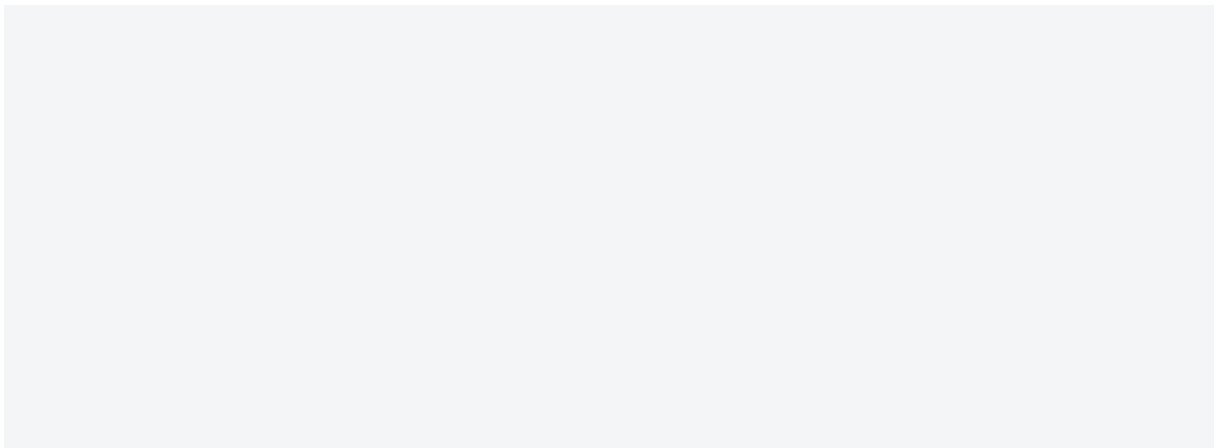
**What can I do to start preparing to change? (such as focusing on relaxation, taking time out when needed)**



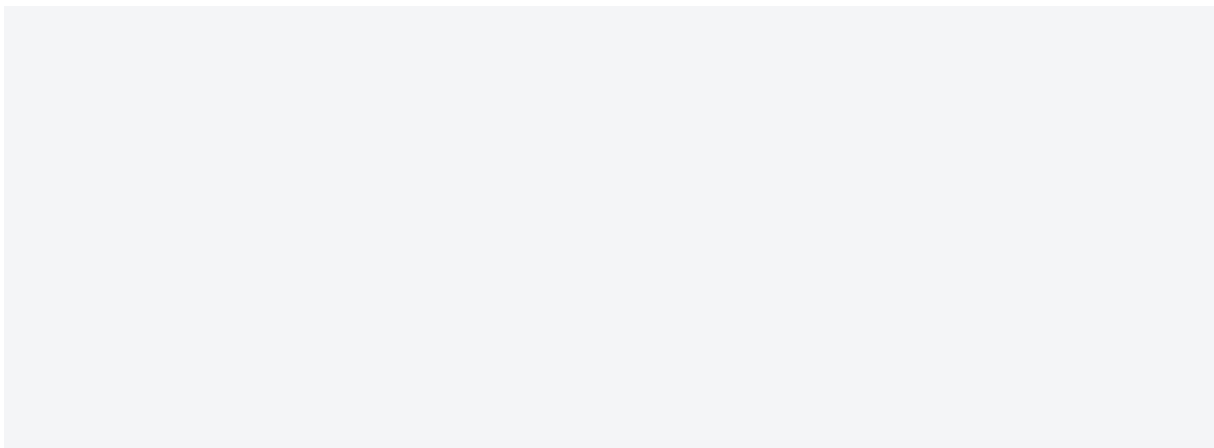
**What steps should I take to make this happen? (such as enrolling in a mindfulness class or taking some online training)**



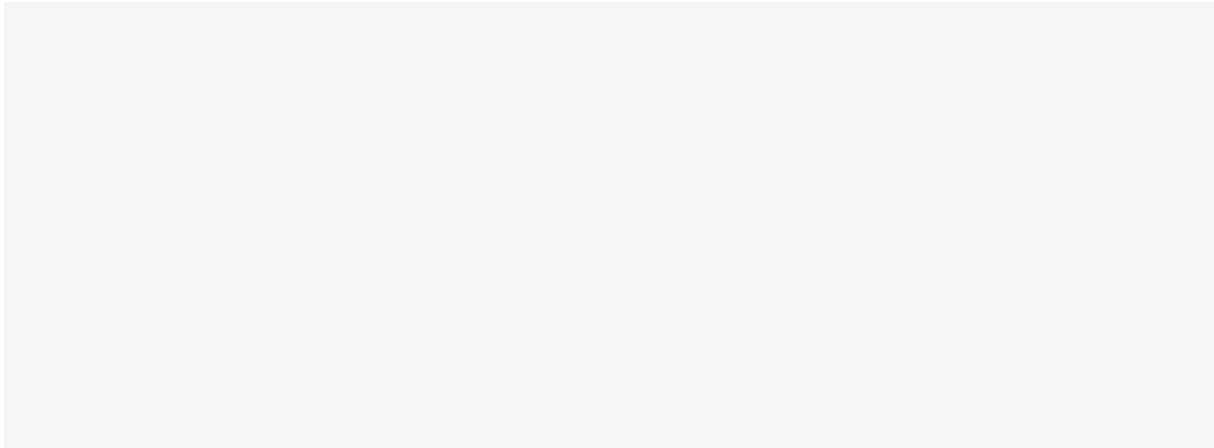
**What can other people do to help me change my behavior? (such as if you explain the changes you are trying to make, they could support you and remain patient)**



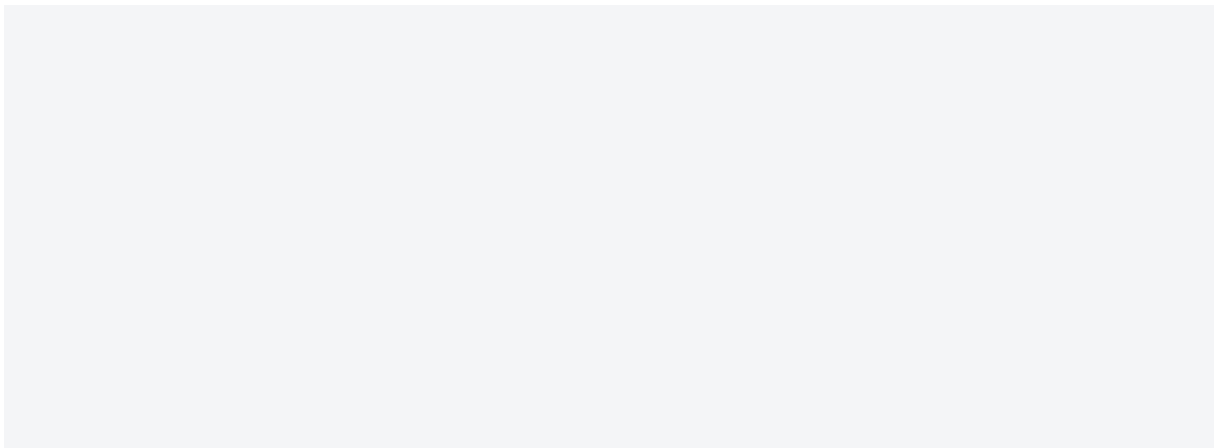
**How will I know whether I am making progress? (such as ask a trusted friend to give you feedback)**



**What should I do if I start to slip back to old habits? (such as keep a log of successes, review regularly, and see how the positive changes are helping)**



**What can I do today to start these changes? (such as tell your close friend what you plan and how)**



Changing how we think and react can take time, effort, and patience, yet the rewards make it worthwhile.

Dr. Jeremy Sutton