

## Behavior Self-Evaluation

Self-evaluation is a crucial aspect of reality therapy, helping us consider the choices we make and how they affect our lives (Wubbolding, 2017).

The following worksheet focuses on a past decision, whether it was helpful, and how we could choose differently in the future.

Think of a significant decision you made in the past that impacted other areas of your life.

Describe the various choices you had at the time:

1.	
2.	
3.	
4.	

What did you decide to do?

What was the outcome (short and long term)?

In hindsight, was your decision a good one?

If you could revisit the past, what decision would you make based on what you know now?

## References

- Wubbolding, R. E. (2017). *Reality therapy and Self-Evaluation – the key to client change*. Alexandria, VA: American Counseling Association.