

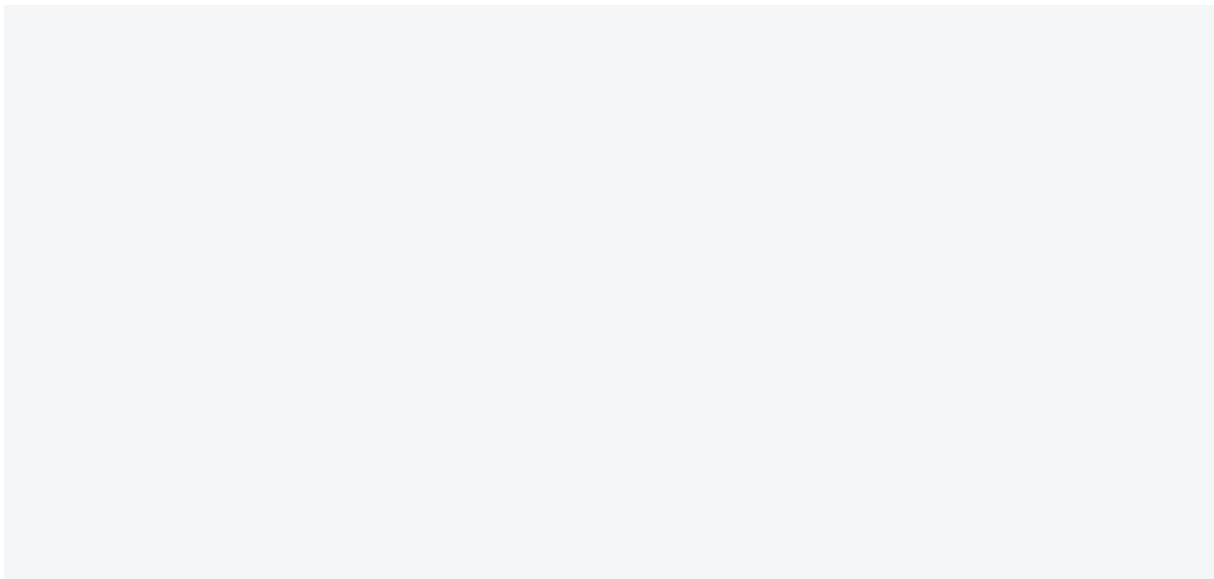
Reflecting As If

This worksheet is a modification of the “acting as if” intervention and can help change behaviors (Sommers-Flanagan & Sommers-Flanagan, 2015).

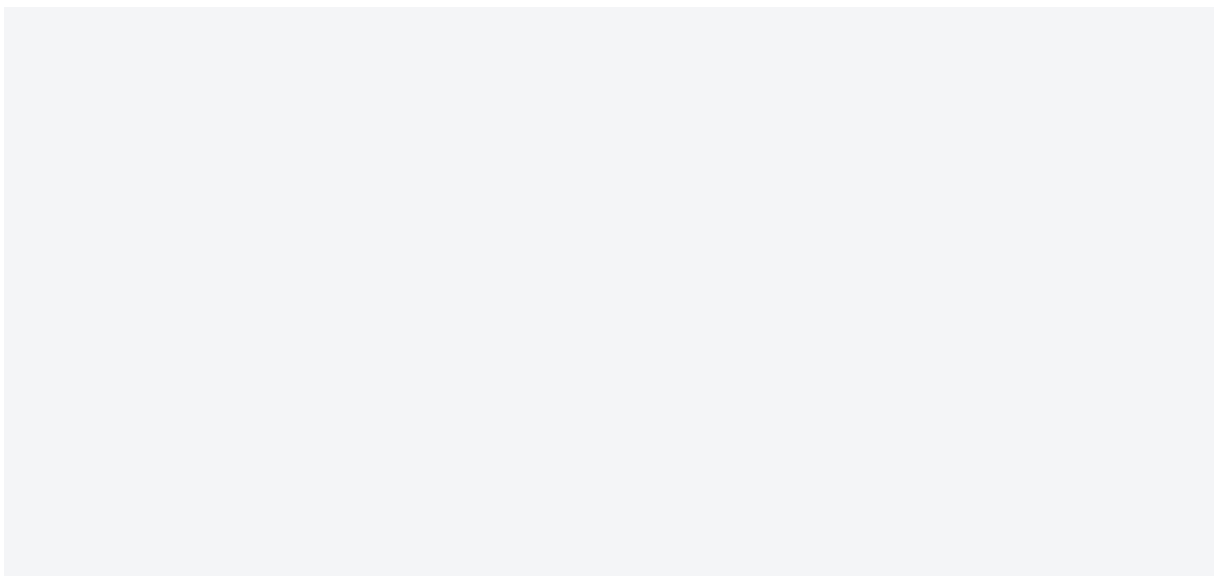
Step one – Reflection

Think about how you would like to act differently and answer the following:

How would it look if you watched yourself on video acting in the way you would like to?



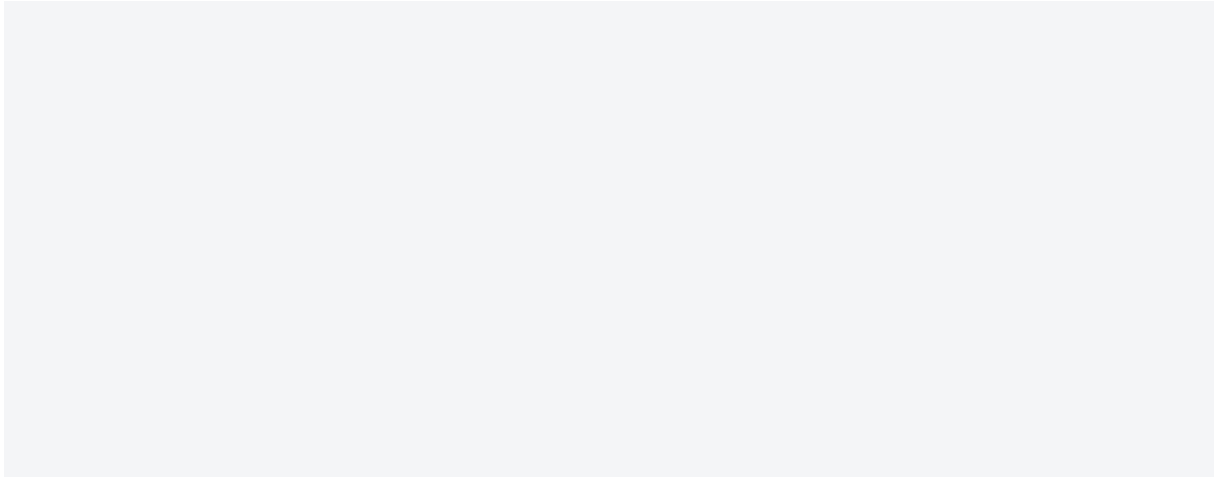
What would be the first signs that you had begun to act in that way?



Step two – Planning

Think about how you would be acting.

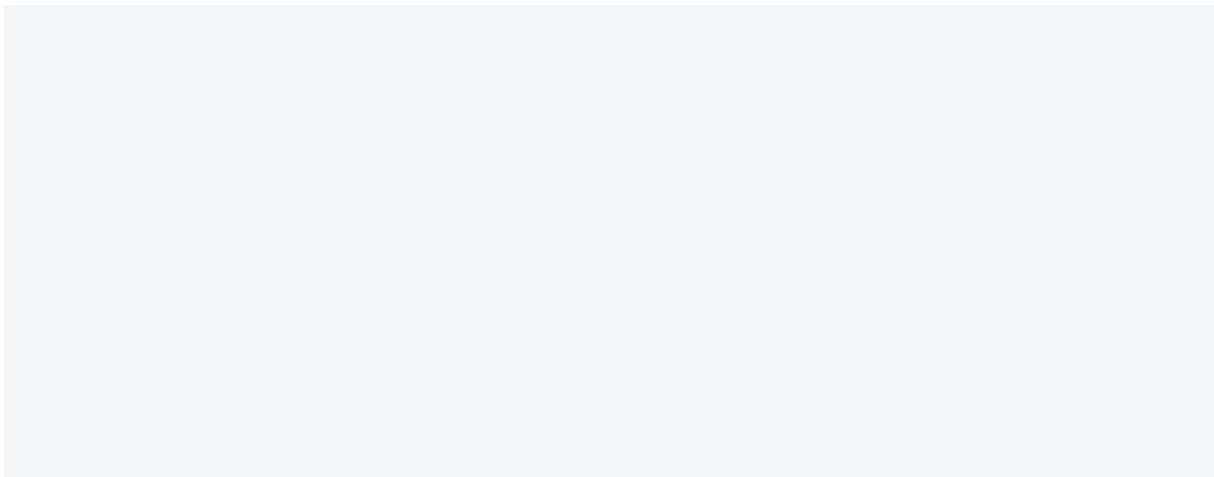
List several behaviors you would be engaged in if you were being your ideal self.



Step three – Implementing

Choose your top two behaviors that would be easy to implement.

How and when could you start adopting those behaviors?



References

- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2015). *Study guide for counseling and psychotherapy theories in context and practice: Skills, strategies, and Techniques, 2nd ed.* Hoboken, NJ: Wiley.