

## BEHAVIOR WORKSHEET

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_ Date of event: \_\_\_\_\_

Event or situation: what happened \_\_\_\_\_

Physical warning signs \_\_\_\_\_

Behavioral warning signs \_\_\_\_\_

Feelings (emotions) \_\_\_\_\_ Intensity (1-10) \_\_\_\_\_

Negative self-talk \_\_\_\_\_

**Was I abusive or controlling?** If "yes": continue below      If "no": go to other side

Abusive or controlling behaviors: \_\_\_\_\_

What did I want to make the other person do, feel and think? \_\_\_\_\_

Beliefs that justified my abusive and controlling behaviors: \_\_\_\_\_

How my abuse or control affected the other person (short term and long term) \_\_\_\_\_

How my abuse or control affected other people involved \_\_\_\_\_

What did I get from being abusive or controlling? \_\_\_\_\_

What did I lose from being abusive or controlling? \_\_\_\_\_

How could I respond to this situation without abuse or control? What could I do differently? \_\_\_\_\_

What positive self-talk would help me be non-abusive and non-controlling? \_\_\_\_\_

What new belief would support non-abusive/non-controlling behavior? \_\_\_\_\_

Make a "Directing Statement" to express my feelings and desires to the other person:

I feel \_\_\_\_\_

when \_\_\_\_\_

I would like \_\_\_\_\_

and I will \_\_\_\_\_

**No, I was not abusive or controlling:**

Did I take a time-out to help me stay free of abusive or controlling behavior? \_\_\_\_\_ Yes \_\_\_\_\_ No

What did I do during my time-out? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What belief supported my choice to be non-abusive/non-controlling? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What positive self-talk did I use to prevent abuse or control? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Was I assertive? What did I say or do that was assertive? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Directing Statement:

I feel \_\_\_\_\_

when \_\_\_\_\_

I would like \_\_\_\_\_

and I will \_\_\_\_\_

How did I meet my needs in a non-abusive/non-controlling way? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did my non-abusive/non-controlling response affect others? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did I get from being non-abusive/non-controlling? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_