

**BEHAVIOR WORKSHEET** (page 1 of 2)

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?**  Yes  No *If yes, continue below. If no, go to page 2.*

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 \_\_\_\_\_

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**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?

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

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

when \_\_\_\_\_

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

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

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

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