



New Behaviour Generator

1. Identify the problem behaviour you would like to explore.

Where and when does it happen?

With who?

Why?

2. Identify the Positive Intention of this behaviour.

3. Dissociate and view the situation as a neutral observer. Brainstorm optional behaviours that could achieve the same Positive Intention.

Tip #2: what advice would you give a good friend?

Optional behaviour 1:

Optional behaviour 2:

Optional behaviour 3:

4. Check ecology. Ask yourself these questions for each optional behaviour.

1. What would happen if you incorporated this behavior?
2. Could another negative issue(s) come up as a result of doing this?

5. Associate with chosen option(s).

Imagine yourself doing this, what do you think will happen?

6. Future Pace.

If you were to do this for a week, month, year...what would the results be?