

WORKSHEET

IDENTIFYING UNHEALTHY PATTERNS

This worksheet requires self-awareness, reflection, and a willingness to examine our life objectively. Take your time with these steps and if it feels safe, know that it's okay to ask other people in our lives for their perspective too. You could be surprised what different points of view can reveal.

WRITE DOWN SITUATIONS WHERE YOU FELT STUCK, FRUSTRATED, OR OVERWHELMED. OR ANY PAST EXPERIENCE WHERE YOU FEEL LIKE THINGS DIDN'T GO WELL IN ONE WAY OR ANOTHER.

AS YOU REFLECT ON THESE PAST EXPERIENCES OR RELATIONSHIPS, DO THEY HAVE ANYTHING IN COMMON? ARE THERE ANY PATTERNS OF BEHAVIOR FROM YOU OR THOSE AROUND YOU? MAYBE THESE ARE PATTERNS OF FEELINGS, THOUGHTS, OR BELIEFS? LET'S WRITE THOSE DOWN.

LIST ANY NEGATIVE THOUGHTS OR SELF-LIMITING BELIEFS THAT YOU COMMONLY EXPERIENCE.

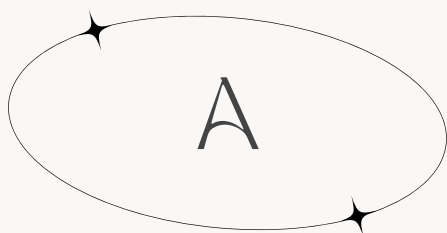
IDENTIFY ANY SPECIFIC BEHAVIORS THAT CONTRIBUTE TO FEELING STUCK. MAYBE IT'S IN OUR PEOPLE-PLEASING BEHAVIOR, WHEN WE ACT MORE CHILD-LIKE, OR POSSIBLY WHEN WE ARE IMPULSIVE.



ABCS REFLECTION

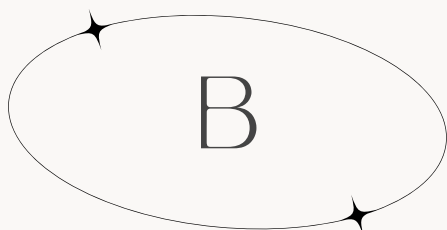
EXERCISE

Select a specific event or situation from your past that you consider to be associated with an unhealthy pattern or negative outcome. It could be a conflict, a challenging decision, or any situation that left an impact.



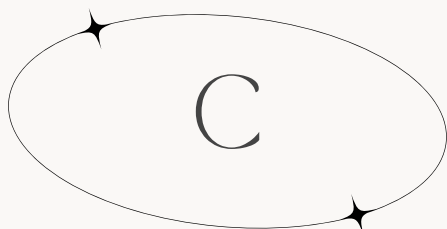
IDENTIFY THE ACTIVATING EVENT

WRITE DOWN THE OBJECTIVE FACTS OF THE SITUATION—THE WHO, WHAT, WHEN, WHERE, AND HOW. STICK TO OBSERVABLE DETAILS WITHOUT INTERPRETING OR ADDING EMOTIONS AT THIS STAGE.



EXPLORE YOUR BELIEFS

REFLECT ON THE BELIEFS OR THOUGHTS YOU HAD ABOUT THE ACTIVATING EVENT. WHAT THOUGHTS OR INTERPRETATIONS DID YOU ATTACH TO THE SITUATION? THESE ARE YOUR SUBJECTIVE PERCEPTIONS.



EXAMINE THE CONSEQUENCES

CONSIDER THE EMOTIONAL, BEHAVIORAL, AND SITUATIONAL CONSEQUENCES THAT RESULTED FROM YOUR BELIEFS ABOUT THE ACTIVATING EVENT. HOW DID YOUR THOUGHTS AND INTERPRETATIONS IMPACT YOUR FEELINGS AND ACTIONS?



ABCS REFLECTION

EXERCISE

continued...

CHALLENGE AND REFRAME

Review your beliefs (B) and consider whether they were rational or if there might be alternative, more balanced interpretations. Challenge any irrational or overly negative thoughts and reframe them with a more objective perspective.

IDENTIFY LESSONS LEARNED

Reflect on what you've learned from this exercise. Are there patterns in your beliefs that contribute to unhealthy outcomes? What insights can you gain about your thought processes?

SET POSITIVE INTENTIONS

If the activating event is something that could happen again, outline positive intentions and alternative beliefs you can adopt in the future to promote healthier patterns.

CONSIDER BEHAVIORAL CHANGES

Identify any behavioral changes you can make based on your insights. What specific actions or strategies can you implement to break unhealthy patterns in the future?

REPEAT IF NECESSARY

If there are multiple events or situations you'd like to explore, repeat the ABC Reflection exercise for each one.



BUILD YOUR OWN

BINGO

Fill in the boxes below with small measurable goals you have for yourself this year. Before you begin, plan what your reward will be when you achieve BINGO! You could even have different rewards for completing a column or a row!

