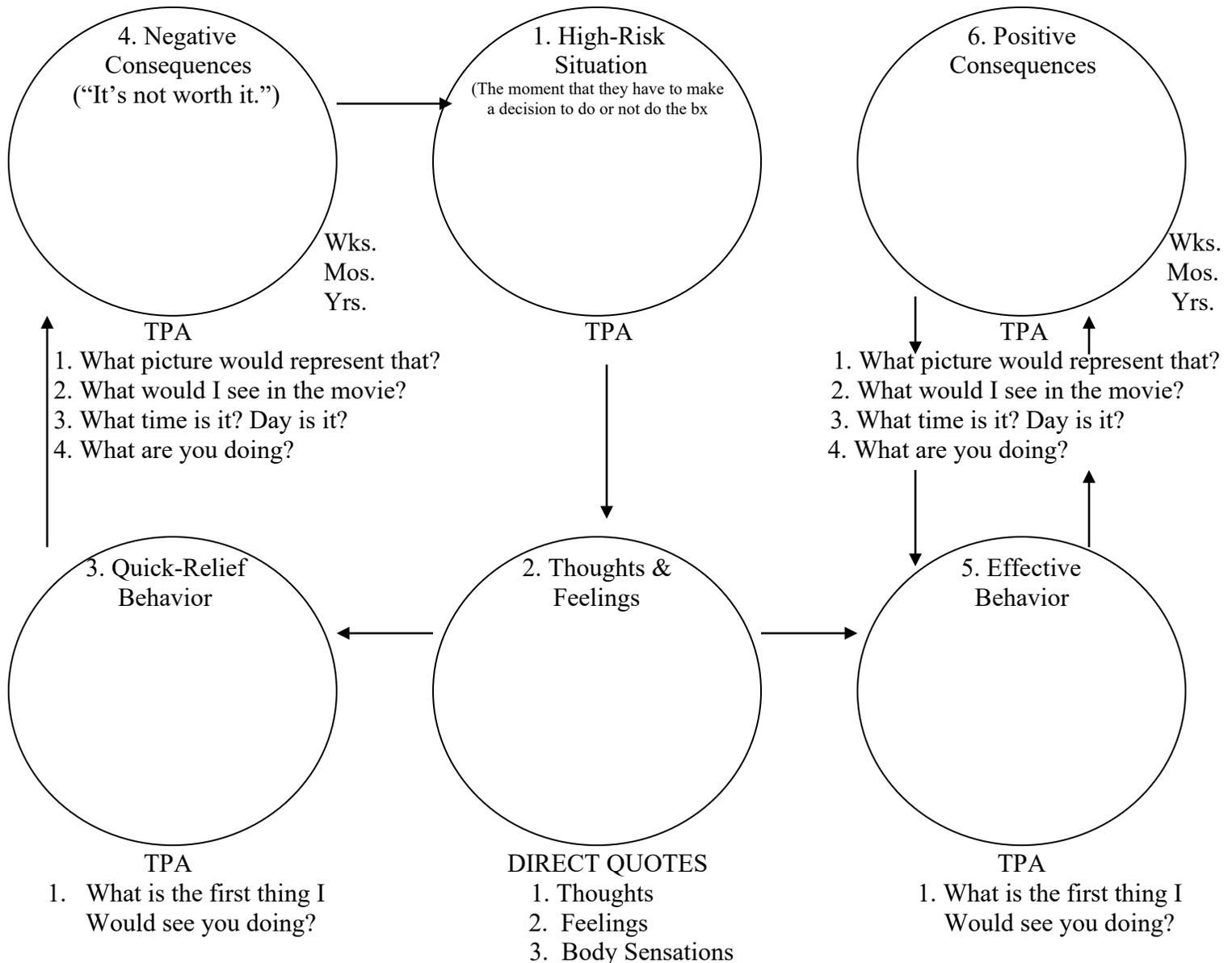


Map Out A Problem – For Behaviors To Be Improved

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(**Please stay on script and Read word for word.)

1. So, are you always doing this behavior or just in certain situations? Like what's a recent example, the last time it happened? Doesn't have to be anything big. (Or: when's the next time this could happen?)
2. When you're in this situation, what are the thoughts, the words in your head? Your emotional reaction? The signals in your body?
3. If you let this take you over, what do you do next? (This is, or leads to, the problem behavior).
4. If the problem behavior continues, gets even worse, how bad could things get? If you are still doing this behavior for 6 months, or 1 year, how bad could this get? Options to get clarification: What picture could represent that? What would I see in the movie? What time of day is it? What are you doing? *After you get the answer then ask: Does, "it's not worth it" feel true – to go that way?*
5. So you're [at the high risk situation with (state those thoughts and feelings)]... What would you like to be able to do instead (of the quick relief behavior), to go toward your goals?
6. So if this effective behavior got to be a habit, let's say for 6 -9 months, what good things would that lead to? What picture could represent that? What would I see in the movie? What time is it? What day is it? What are you doing?



Choices Have Consequences Worksheet

I want you to watch this in your mind like it's a movie. Start with [the provocation situation} then notice [the thoughts and feelings], then [the bad behavior], then the bad ending with 'it's not worth it.' Start at the beginning; tell me when it's done.

Did you get all the way to the end?

Did you remember to say, "It's not worth it"?

This time the movie starts the same way, with [the situation] and [the thoughts and feelings]. This time, do what it takes to get to the good end. Start at the beginning; tell me when it's done.

Did you get all the way to the end?

This time, the movie starts the same way, with [the situation] and [the thoughts and feelings]. This time, I don't know what's going to happen, it depends on you. The rules are, 'Bad choice goes to bad ending and It's not worth it, good choice goes to good ending.'

Which way did it go?

Did you get all the way to the end?

(If it went to the bad end:) Did you remember to say, "It's not worth it"?

Repeat the surprise ending movie routine until positive end is chosen 2x in a row:

This time, the movie starts the same way....

Repeat the entire routine with other challenging situations.