

WHAT I'D LIKE TO CHANGE

BEHAVIOR

What are you doing that you don't want to do?

How
often?

When you first
noticed it:

What are you not doing (or not doing enough) that you do want to do?

EMOTIONS

What are you feeling that you don't want to feel?

What are you not feeling (or not feeling as much as you'd like) that you do want to feel?

SENSATIONS

What are you feeling (physically) that you don't want to feel?

What are you not feeling (physically) that you do want to feel?

THOUGHTS

What are you thinking that you don't want to think (believe)?

What are you not thinking that you do want to think (believe)?

It's **B E S T** to fully experience an event as soon after it occurs as possible. If we do, we'll quickly learn from the experience and automatically apply the knowledge to current and future dangers (threats). We're made to learn from the past, so we can experience the present and be prepared for the future.

Name: _____ Date: _____