my
behavior
workbook
In each thought bubble below, write a thought that you have that is associated with problematic behavior. For each thought, write two things you could tell yourself to talk back to the thought.

For example, if someone thinks “it’s not fair”, he or she might do something they were told not to do. He or she could instead talk back to the thought by saying, “life isn’t always fair,” “it isn’t worth getting in trouble over”

How I can talk back to the thought:
1. ______________________
2. ______________________

How I can talk back to the thought:
1. ______________________
2. ______________________

How I can talk back to the thought:
1. ______________________
2. ______________________

CHALLENGING THOUGHTS
RESPONDING TO EMOTIONS

Below are feelings that people sometimes have that can contribute to problematic behaviors. For each feeling, write at least one thing you can do that might be helpful and at least one thing that might be unhelpful or make things worse.

For example, when someone is feeling mad, s/he might fight with others, feeling just as bad or worse afterwards. This would be something to try to avoid doing. It might help to try talking to friends, exercising, or playing with a pet.

**Sad**

Helpful things to try:

Unhelpful things I should try to avoid:

**Mad**

Helpful things to try:

Unhelpful things I should try to avoid:

**Worried**

Helpful things to try:

Unhelpful things I should try to avoid:
RESPONDING TO EMOTIONS

**Disappointed**

Helpful things to try:

Unhelpful things I should try to avoid:

**Frustrated**

Helpful things to try:

Unhelpful things I should try to avoid:

**Bored**

Helpful things to try:

Unhelpful things I should try to avoid:

**Other:**

Helpful things to try:

Unhelpful things I should try to avoid:

Staff Initial: __________ Date: __________
Thinking of the first workbook you completed, please complete the following table:

<table>
<thead>
<tr>
<th>Reasons behind problematic behaviors:</th>
<th>A different way to handle the situation other than behaviors that are problematic</th>
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What are reasons why it would be good to make these changes?

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

4. ______________________________________________________________

5. ______________________________________________________________

6. ______________________________________________________________

7. ______________________________________________________________

8. ______________________________________________________________

9. ______________________________________________________________

10. ______________________________________________________________
Knowing what you know now, write a letter to yourself about what to remember and do in the future.
WAYS TO TRY TO FEEL BETTER IN THE MOMENT

At times when you are feeling really bad, what are things you can do in the moment that feel good or could help you to feel better?

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________

At times when you are feeling really bad, what are things that other people could do to help you to feel better? What do you need from other people at these times?

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
What could you try to communicate your needs to others so that they know what they can do to help you?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

How can you let others know what is helpful and what is not helpful for them to do at times when you need help?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________