Changing Behaviour

Using your vicious cycle diagram, focus on the behaviour you enacted at the time. Whether this behaviour was active or passive, write down what you did:

How I responded to worrying in this situation:

Having noticed the behaviour, ask yourself these following questions:

***What was the function or purpose of the behaviour? What was my intention when I did it?***

***Were there any unintended consequences that came from this behaviour?***

Having considered the purpose and unintended consequences of my initial behaviour, what alternative behaviour could I do that would lead to a more positive or preferable outcome in response to worry?

My ideas for alternative behaviour: