

Behavior Breakdown

Hey, you've probably started to see some emotionally-significant events in your daily tracking... now let's frame them with meaning. What stimuli is leading to / triggering your behavior? What's the result? How is that result increasing/decreasing your likelihood of doing it all over again? We're going to break down the most impactful individual behavior events in your day piece by piece, to better understand your reactions.

Step one: Identify the most significant energy-changing points in your day from the prior two worksheets and define what happened.

EX: talked to mom, over-ate, stuck in traffic, argued with partner, took a walk, drank beer, forgot groceries

Step two: Take a few minutes to break down the event into ABC's - Antecedent, Behavior, and Consequence. Think hard. Be as specific as possible.

EX: What stimulus kickstarted the event? How did you act/react? What happened in the aftermath?

Step three: Examine with Critical Questions . Be honest with yourself, what are you doing, getting, and repeating... and why?

EX: What's the intention of the Behavior? What actually happened?? Why do you do this? How often?

Step four: Score your relative energy state following the full ABC event. How were you impacted by this occurrence?

EXAMPLE

Event:	Antecedent	Behavior	Consequence	Critical Examinations	Energy Score
Early morning judgement	felt anxious about my day	opened instagram	felt way worse about my day, started comparing myself to my ex-friend, started talking negatively to myself.	What's the intention of the behavior? What actually happened? Why do you do this? How often?	6
Anxiety breakdown before work	running late	became overwhelmed and jittery-energized	lost my keys, forgot my coffee, late leaving for work	giving myself a "slow morning" in bed gave myself no time to get ready exhaustion and procrastination 4/5 days of the week	8
Get defensive with boss	missed an email	explained hard morning, told him I was exasperated with changing plans	felt less stable in position	defending and explaining myself made my boss upset trying to keep job secure feels like every single day	9

Now, You!

Event:	Antecedent	Behavior	Consequence	Critical Examinations	Energy Score

Step five: Repeat repeat repeat! Gather as many examples as possible based on your daily life and obligations. More data, the more you know.

Final outcomes: Start learning about your triggers and unintended responses. Recognize how you react to your world in a split second.

Examine the results of your actions and note where you would like an alternative outcome. Increase brain-body-environment connection and develop adaptive behaviors.

