

Behaviors

This activity is to help you bring some of your behaviors to your awareness, determine whether they really serve you or not, and understand their consequences in a more conscious way. Just like we did with Values, we will be creating a table which will have your Behaviors.

Cue What triggers a reaction in you?	Response How do you react?	Reflection How does it affect you? Is it good for you or bad?	Consequences What after-effects do you experience?	Change If it's not serving you how can you change?
Someone shouting at me.	Start arguing.	Sometimes it helps me but I'm starting to develop a habit of doing it unnecessarily.	People avoid talking to me due to my arguments.	Maybe I can try to understand the other person's perspective and then explain mine in a peaceful manner.

One example has been given! I hope you do this exercise because I'm quite sure it'll be helpful! It acts as a good medium of reflection and self- assessment. The last column will be especially helpful when we discuss about habit building in the next post! You can start implementing your plans then! Have fun doing this activity! See you all next week!