

Monitoring and Changing Behaviours

List your own unhealthy behaviours	"Who, What, Where and When" Before you did the behaviour: <ul style="list-style-type: none"> What were you doing? What were you thinking? What were you feeling? Who were you with? 	What did you do?	"Consequences" What happened after this? How did you feel?
<u>Example</u> Drinking when I'm stressed.	<u>Example</u> I was on my own leaving work, feeling stressed thinking about all my debts	<u>Example</u> I bought a bottle of wine from the shop on my way home.	<u>Example</u> I enjoyed the couple of glasses of wine, but felt guilty afterwards and it made me more anxious and tired the next day
Alternative Behaviour <u>Example</u> Drinking when I'm stressed.	Alternative Behaviour <u>Example</u> I was on my own leaving work, feeling stressed thinking about all my debts	Alternative Behaviour <u>Example</u> I wanted a large glass of wine but instead I decided to go for a run.	Alternative Behaviour <u>Example</u> I felt happy that I didn't give in, and I enjoyed spending time doing something that makes me feel more confident and feel less anxious.