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| List your own unhealthy behaviours | "Who, What, Where and When" Before you did the behaviour:* 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? |
|  |  |  |  |
| Alternative Behaviour | Alternative Behaviour | Alternative Behaviour | Alternative Behaviour  |
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