

Part 5.

My Behavior.



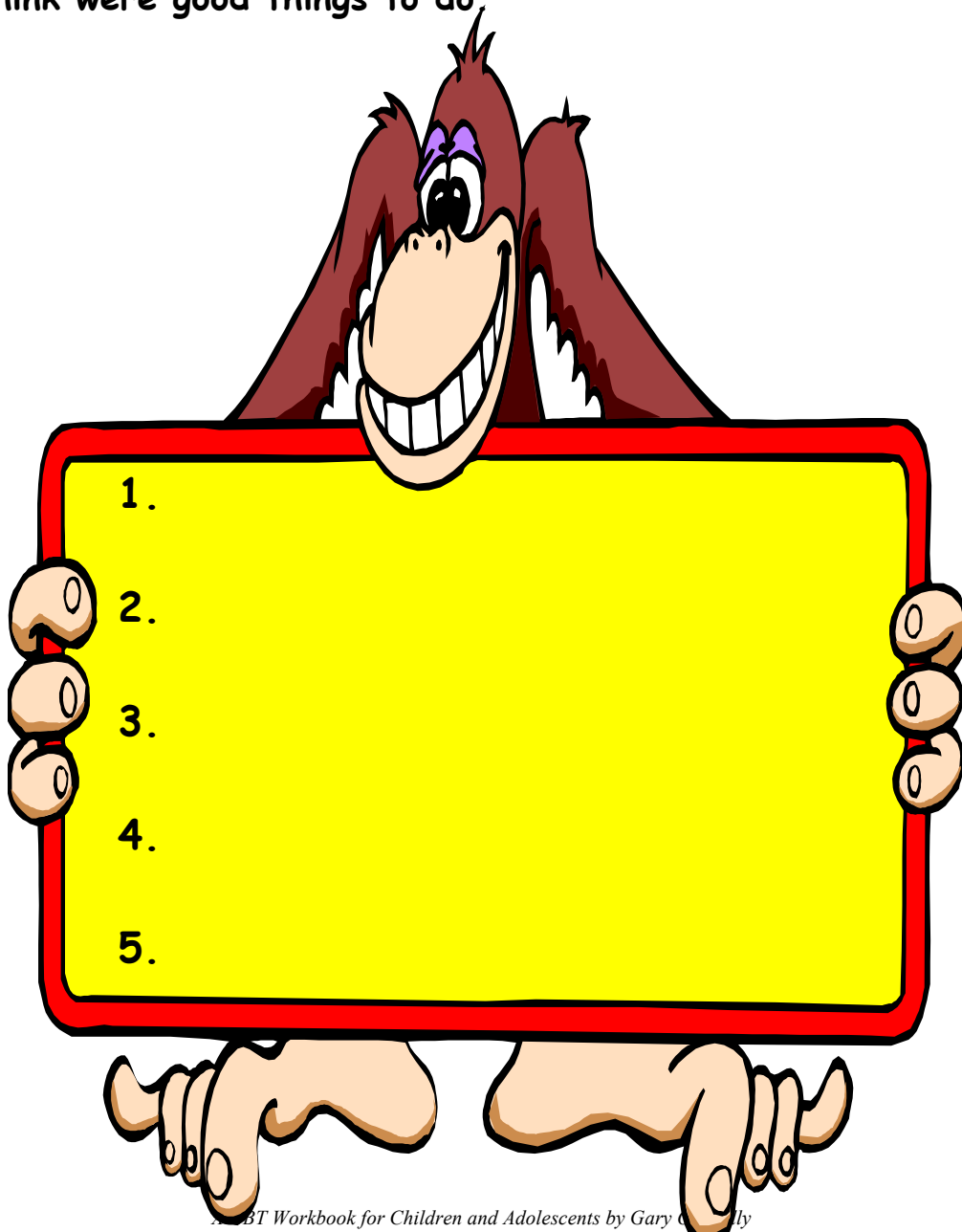
My Behavior.



Behavior simply means 'the things you do'.

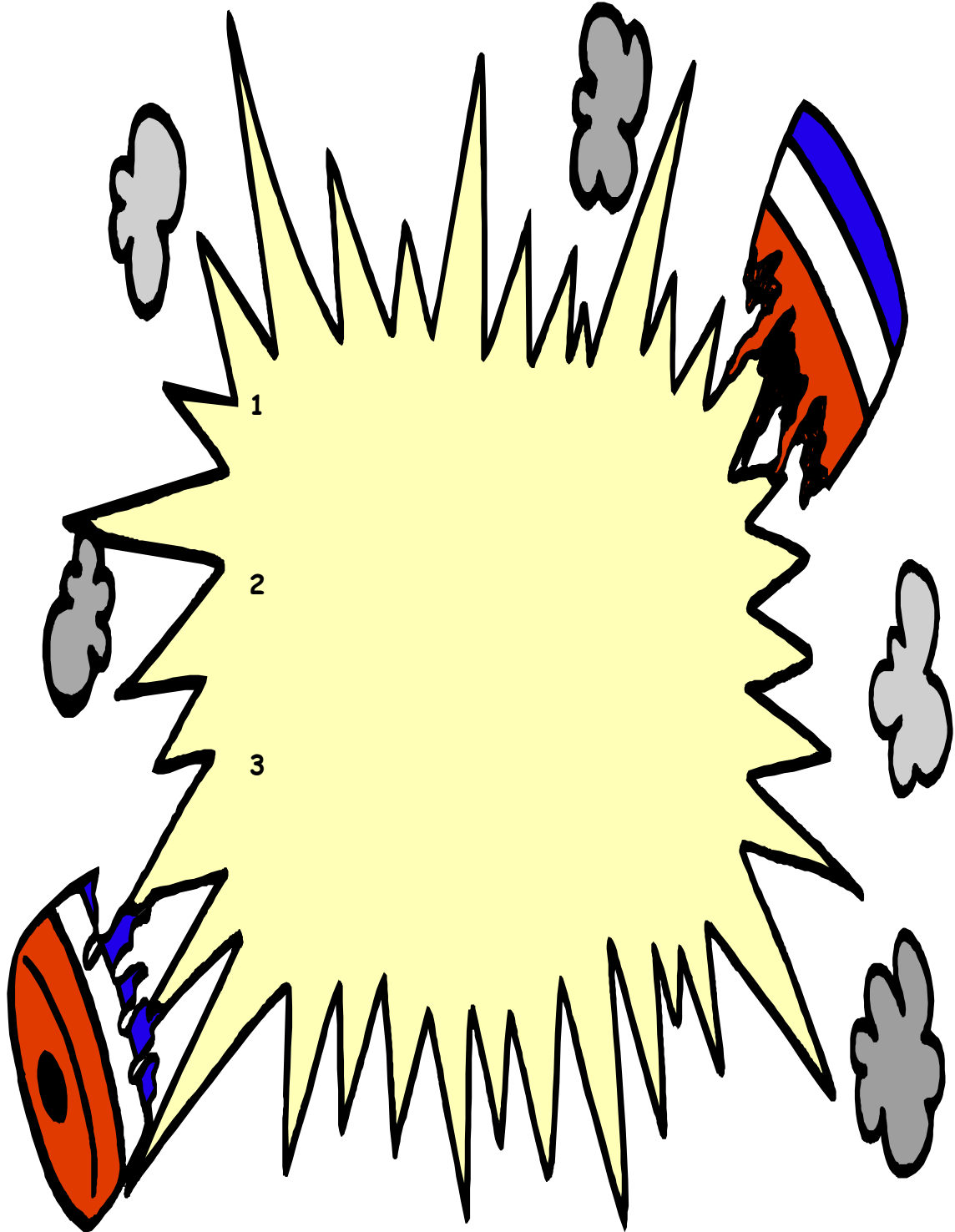
The things you do can be good or they can cause problems for you and other people...

Make a list of some of the things you've done that you think were good things to do.



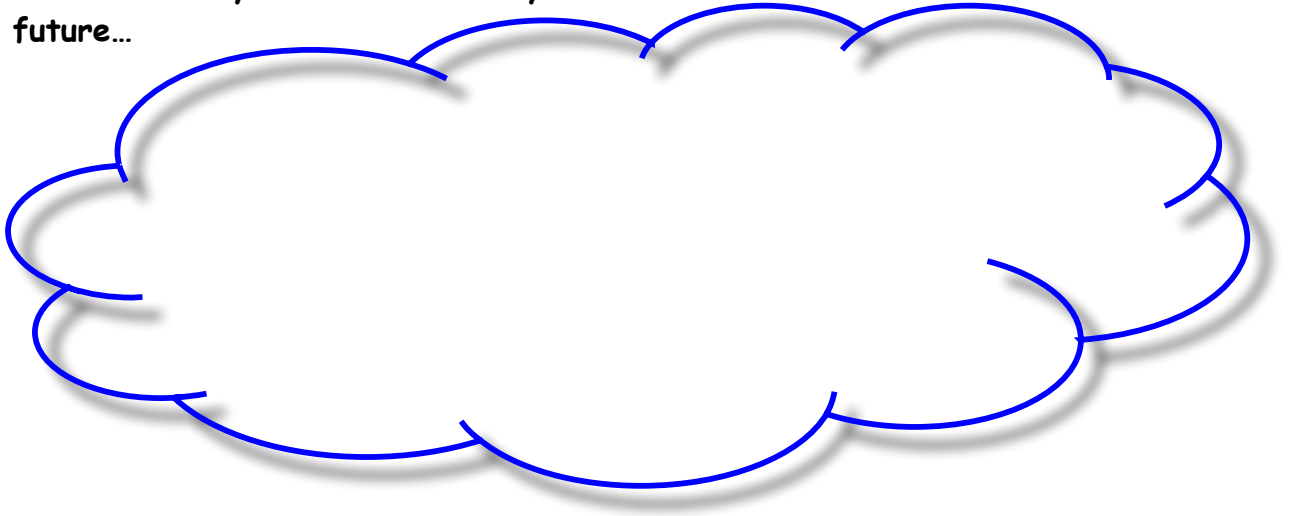
My Behavior.

Make a list of things you've done that you think caused problems for you or other people...

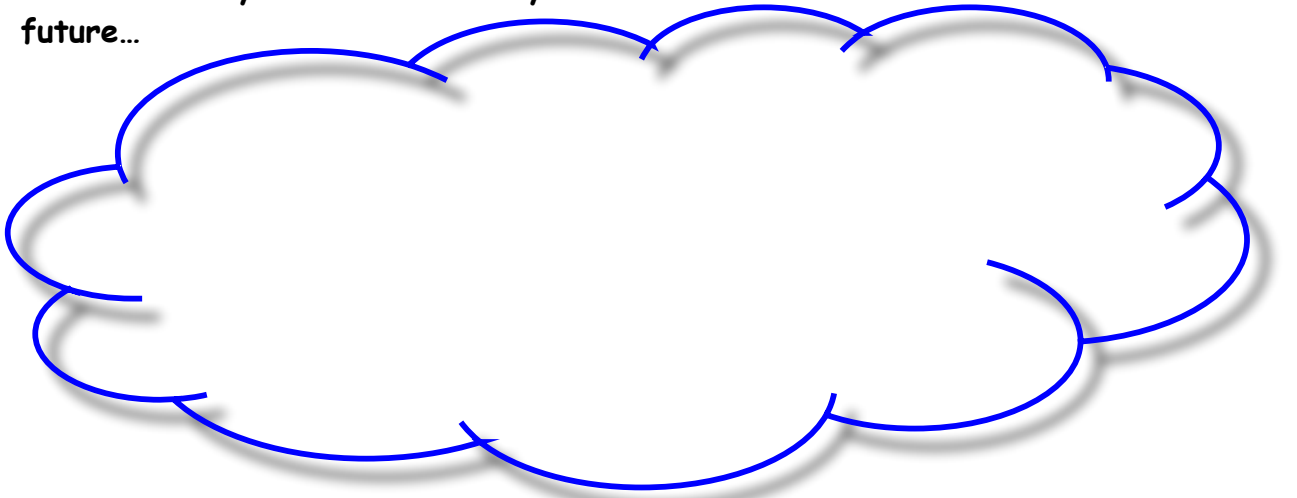


Changing My Behavior.

Are there any behaviors that you would like to do less of in the future...

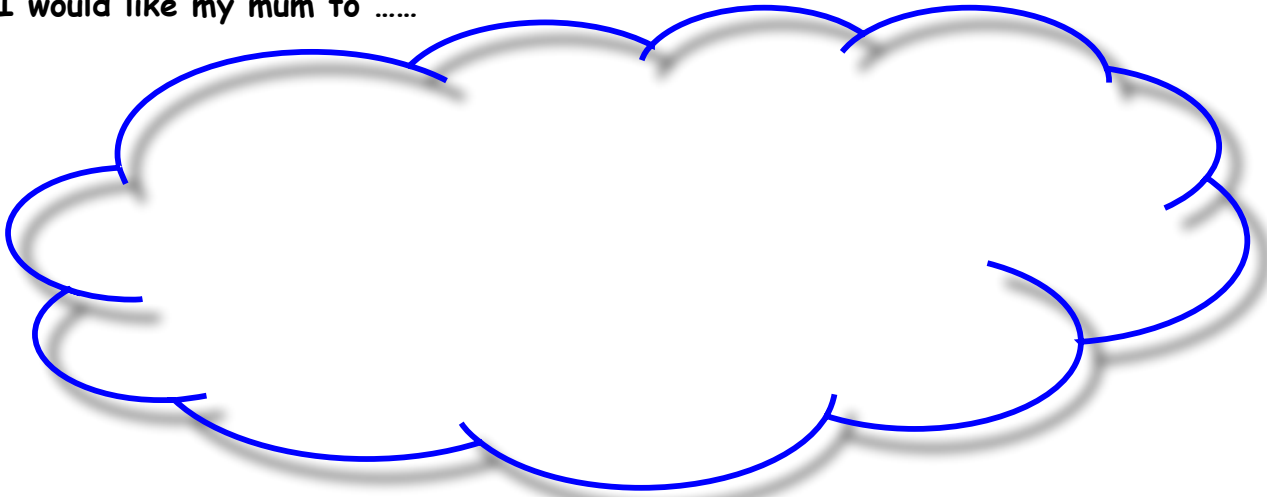


Are there any behaviors that you would like to do more of in the future...



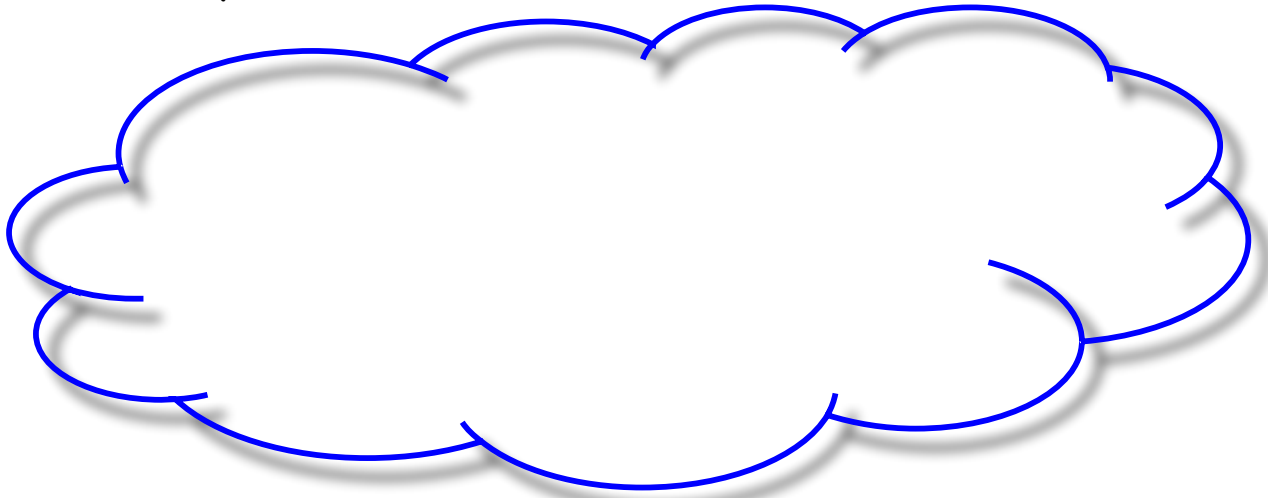
What would you like your family to do to support you in changing any of your behavior?

I would like my mum to

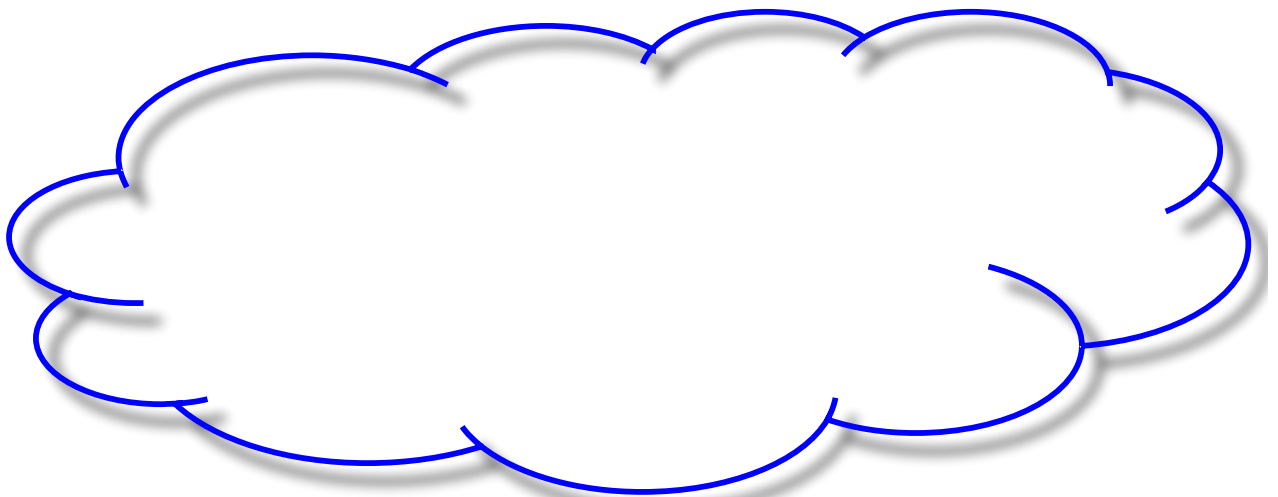


Changing My Behavior.

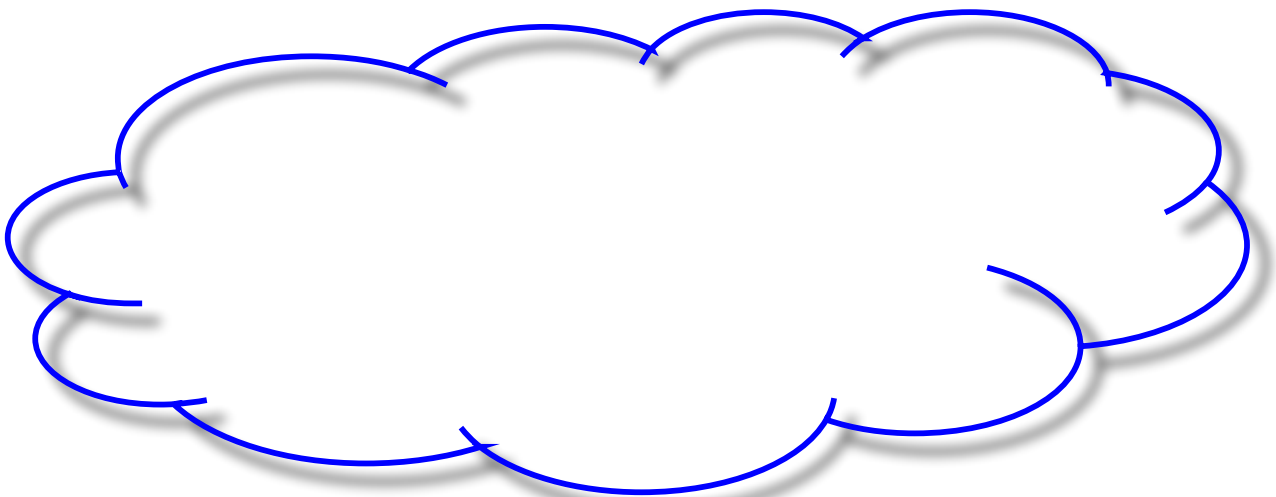
I would like my dad to.....



I would like others in my family to.....

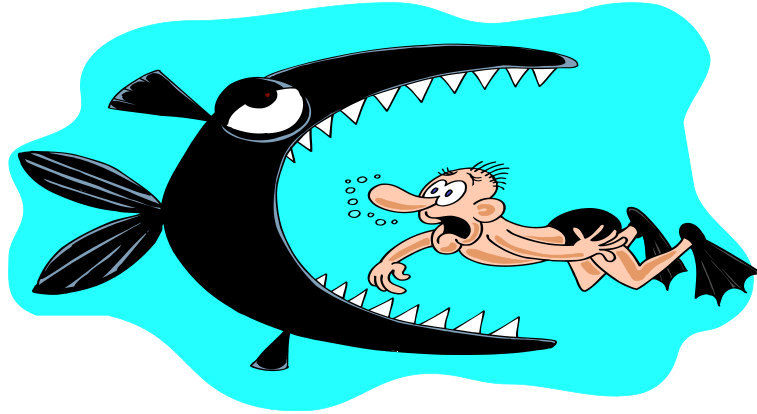


I would like other important people to.....



My Behavior: Impulse Control.

Sometimes we do things without fully thinking about the consequences. If this happens a lot it is called 'behaving impulsively'.



Can you describe some important times when you've done things without giving enough thought to what might happen next?

My Behavior: Impulse Control.



What can you do to STOP AND THINK before you act impulsively?

The Mysterious Case of Positively Baffling Changes in Your Behavior.

Doctor Watson's Challenge...



Dr. Watson was the side kick of the world famous super detective Sherlock Holmes. Holmes never failed to crack a case because he always noticed small clues that allowed him to solve any mystery. Watson on the other hand never noticed as much as Holmes and was often baffled when the detective solved a case.

When parents or other important people in our lives are concerned about us they sometimes get out of the habit of noticing the positive things that we do. Dr. Watson's challenge is designed to help you with this if you have found it to be a problem. Here's what you have to do:

1. Pick someone who you want to get back in the habit of noticing the positive things that you do.
2. Pick three positive behaviors that you are going to do over the next week. Write out here what they are:

A.

B.

C.

Dr. Watson's Challenge.

3. Tell the other person that you are going to do three positive behaviors over the next week and that the challenge for them is to spot what they are.
4. When the week is up sit down with the other person and ask them to tell you what they think the three things are.
5. Give them a rating on how they've done. Are they a super sleuth like Sherlock or not so observant like Dr. Watson!

By Jove! Watson old boy, although this is our trickiest case yet I think I've cracked it!



My Behavior.

From completing this part of my guidebook I think that the most important things about my behavior are...

