

Actions & Consequences: Negative Behaviors, Feelings, Thoughts

Think of a situation recently when you felt angry or when you were struggling to control your behavior. In the table below, describe what was happening **before** the situation, **during** the situation, and **after** the situation.

Before	During	After the Behavior
- When:	- Behavior:	- Describe the outcome:
- Who:		
	- Intensity:	
- What:		- Was this outcome
		• Desirable? Or
		• Undesirable?
	- Duration:	Explain how this outcome
		changed your feelings:
- Why:		
	- Feelings:	
- Feelings:		
		and thoughts:
	- Thoughts:	
- Thoughts:		

Actions & Consequences: Positive Behaviors, Feelings, Thoughts

Think of a situation recently when you felt happy or when you were able to control your behavior. In the table below, describe what was happening **before** the situation, **during** the situation, and **after** the situation.

Before	During	After the Behavior
When:	Behavior:	Describe the outcome:
Who:		
	- Intensity:	
What:		Was this outcome
		• Desirable? Or
		• Undesirable?
	- Duration:	Explain how this outcome
		changed your feelings:
Why:		
Feelings:	Feelings:	
		and thoughts:
Thoughts:	Thoughts:	