

Examining my Behavior

Describe what your behavior looks like across different settings in your life- when or where are you more in control? Where is your behavior different, and why do you think it changes?

What does my behavior look like at...

...Home	...School	...Community

How does your behavior impact you in each of these settings? How does it impact those around you? What are the negative and positive consequences of your behavior in each of these settings?

How my behavior impacts myself and others at...

...Home	...School	...Community