



PATTERN BEHAVIOR

S3-002

STUDENT _____ DATE _____ SESSION _____

BEHAVIOR OF FOCUS _____



1. THE BEHAVIOR

What specific behavior occurred?



2. BEFORE THE BEHAVIOR – HOW WERE YOU FEELING?

What emotions, thoughts, or situations were happening before the behavior?



3. TRIGGERS

What triggered or contributed to the behavior?



4. AFTER THE BEHAVIOR – WHAT HAPPENED?

What happened right after the behavior?



5. ALTERNATIVES

What are some healthier choices or skills you can use instead?



6. ACTION PLAN

What steps will we take to practice and support positive change?

NEXT ACTION _____ FOLLOW-UP _____