

Possible Behaviors for Change

Instructions: Please pick something that you've been thinking about changing, but haven't changed yet. It might be a behavior, relationship, situation, role or an attitude about which you have mixed feelings. Choose an issue that you'd feel comfortable talking about with your practice partner.

- Accepting what I cannot change
- Alcohol and other substance misuse
- Allowing others to take advantage of me
- Anger, frustration management (e.g., cussing)
- Arriving late
- Avoiding action on issues such as the environment or social justice
- Avoiding conflict
- Awfulizing; making "mountains out of molehills"
- Behaviors regarding rules, policies
- Behaviors with my supervisor or managers
- Blaming
- Bossy, pushy
- Can't say no – take on too much responsibility
- Cluttered mind; lack of serenity
- Co-dependent behaviors
- Computer games
- Controlling others
- Creating drama
- Criticizing others
- Criticizing others to third parties
- Diet, food choices
- Disorganized
- Dominating conversations
- Driving behaviors (e.g., speeding, road rage)
- Exercise, under-exercising
- Failure to set priorities, goals
- Failure to take risks
- Failure to reconcile breached relationships
- Failure to volunteer; always volunteering
- Fear of speaking up
- Fighting lost causes
- Getting even
- Giving unsolicited advice
- Gossiping
- Hard to admit I'm wrong
- Health issues
- Holding grudges
- Impulsive spending
- Interpersonal control issues
- It's all about me
- Judgmental attitudes/behaviors
- Jumping to conclusions



- Know-it-all
- Lack assertiveness
- Lack confidence
- Lack generosity (e.g., giving to worthy causes)
- Lack empathy, compassion
- Lack tolerance
- Leaving undesirable tasks to others
- Listening to spouse, partner, teenage child
- Materialistic
- Meddling
- Money management
- Neglecting time with family or friends
- Not sticking to goals (e.g., furthering education)
- Not doing my part
- Not letting go – “beating dead horses”
- Neglecting my needs for sake of others
- Opinionated
- Over-eating; under-eating
- Overly concerned about what others think of me
- Overly confident
- Passive-aggressive behaviors
- Pessimism, cynicism
- Perfectionistic
- Picking fights
- Procrastinating
- Smoking
- Social media
- Solving other people’s problems
- Spending emotional energy on issues over which I have no control
- Spiritual or religious disciplines (e.g., participation in faith community, meditation, study)
- Stirring up conflict
- Taking medications
- Taking offense easily
- Tactless
- Take things too personally
- Too critical of myself
- Too little sleep; too much sleep
- Too much TV
- Time management
- Too outspoken
- Too neat; too messy
- Unforgiving
- Wasting time
- Whining
- Worry too much