

Behavioral Analysis Worksheet: “Understanding past patterns can help prevent future problems”

#1 - List the behavior you did that was illegal (your arrests), that got you into trouble or you regret (e.g. “I drove drunk”).

#2 - What were the outcomes for the behavior you listed in #1? (e.g. “I got arrested”, “I lost my license and my job”)

#3 - Describe, in detail, the situation just prior to the behavior you listed in #1. (location, time, day, drugs/alcohol involved)

#4 - Who were you with during the behavior you listed in #1 (you can use nicknames).

#5 - Just **BEFORE & DURING** the behavior you listed (in #1), what were you thinking and feeling? (list as many as possible)

Complete a row for as many behaviors as possible. Each time, begin at **#1**. After you complete as many rows as possible, take some time to review the worksheet and look for any patterns that may be present. You can discuss these patterns with your probation officer. Return this worksheet to your probation officer on: _____.

#3 <i>Describe the situation</i> <i>Location? Time? Day?</i> <i>Drugs and/or Alcohol?</i>	#4 Who were you with?	#5 What were you thinking/feeling <i>(before/during)?</i>	#1 <u>START HERE</u> What did you do? <i>(I _____)</i>	#2 What were the outcomes?

#3	#4	#5	#1 <u><i>START HERE</i></u>	#2
<i>Describe the situation Location? Time? Day? Drugs and/or Alcohol?</i>	Who were you with?	What were you thinking/feeling (before/during)?	What did you do? (I _____)	What were the outcomes?

#3 <i>Describe the situation</i> <i>Location? Time? Day?</i> <i>Drugs and/or Alcohol?</i>	#4 Who were you with?	#5 What were you thinking/feeling <i>(before/during)?</i>	#1 <u><i>START HERE</i></u> What did you do? <i>(I _____)</i>	#2 What were the outcomes?

Your Name: _____

Date: _____