



## Behavior Reflection Worksheet

When we intentionally choose Healing, we are already well down the road to recovery and the return to joy.

This Worksheet takes the 2nd & 3rd steps of the *My Healing Year 3 Step Worksheet* further and helps you reflect on the specific ways you can commit the choices you make on a daily basis to Healing.

Let's get started... *Find a safe and comfortable place to work. Referring to your completed My Healing Year 3 Step Worksheet or simply reflecting on your daily choices, think about the Behaviours you would like to STOP, do LESS of, KEEP DOING, do MORE of, and what you could START. To keep these Behaviours in your mind, keep your completed Worksheet visible.*

Note - You may find "Stop" a bit harsh for you in this moment; if so, skip it and focus on the rest!

	<b>STOP</b>	<b>Do LESS</b>	<b>KEEP DOING</b>	<b>Do MORE</b>	<b>START</b>
	Cold-Turkey Need to Stop	Easy there, Slow Down	Keep it Going	Doing Now, Do More	Brand New
1					
2					
3					
4					