

Personal Responsibility Check

Understanding the cause and effects of your behavior, may be the first step towards taking responsibility for your actions and making changes. Use this tool to examine why you behaved in a certain way and how you can imagine altering your behavior.

Instructions:

1. Choose one incident where you recently behaved in a way that affected others. Write a short description of your undesirable behavior in the middle of the form.
2. Try to figure out the causes, or why you might have engaged in that behavior.
3. In the three boxes on the right side, write out the effects, or consequences of your behavior, including how their behavior affected others.
4. Write out a short plan for improving that behavior.
5. Present it to someone that you know and trust who can be your accountability.

Reasons for My Behavior

Description of My Behavior

Consequences of My Behavior

How do I feel?

How has my behavior affected others?

Other consequences?

Plan for Improvement

Reflect:

- ? Was it hard for you to think of a scenario?
- ? How did it feel writing out how your behavior affected others?
- ? What do you think will help you stick to your desired new behavior?