

## HOW TO ANALYZE YOUR BEHAVIOR

Try this exercise. Choose any issue, attitude, behavior, or even bad habits that you want to address and ask these questions...

What are my goals when I engage in this behavior/way of thinking, feeling, believing, or acting? In other words, what am I getting out of doing it?

By what means can I stop this behavior? What do I need to do in order to stop thinking, acting, behaving this way?

What is my relationship with other people and the way I utilize that relationship that allows me to continue this behavior, or to stop this behavior? This is a point often not considered. People that we hang out with may hold the same attitudes or beliefs and there may be pressure from the group not to change.

Am I capable of stopping this behavior? In other words, how do I know I can stop?

What is my orientation, when I engage in this behavior, or when I stop this behavior? Where is this behavior leading me in either case?

What do I have to eliminate in order to stop this behavior? What behavior(s) and /or people do I need to let go of in order to stop doing what I'm doing?

What information can I gather for a better understanding to stop this behavior? What must I absorb/adopt to change this conditioned behavior?

What must I do to bring my impulses in line with stopping this behavior? How do I eliminate the impulses/desire that perpetuates the behavior? When the impulse arises can I delay gratification? Can I substitute another thought or action in place of the impulse?

**[www.ricksmithchange.com](http://www.ricksmithchange.com) “Behavior Change is the best supplement”**

What are my needs when I engage in this behavior and when I stop this behavior? Do I really need this behavior or just want or like having it? What habitual activities that support this behavior must be eliminated?

What are the other possibilities in relationship to this behavior? What positive behaviors can potentially replace old negative patterns of behavior?

What is the form this behavior takes? Describe detail by detail how this behavior is carried out on an ongoing basis. Is this behavior really important to your being? (If this is hard using an issue of your own choosing to work with, then use the example of smoking and the desire and goal to quit. Step by step think about all of the activities centered around smoking, not just smoking itself—people you hang out with that smoke, leaving the office for smoking breaks, hours thinking about cigarettes, anxiety about running out of cigarettes, and on and on.)

What is the substance of this behavior? What does this negative, limiting (and sometimes potentially dangerous) behavior/attitude/belief really have to do with who I am?

All of these questions listed above will help you on a deeper level to see how certain behaviors are impacting you in all areas of your life. For me, my drug and alcohol addiction impacted my professional hockey career, relationships, family interactions, relationship with myself, social environments - I began to question myself in an existential way, (What's my purpose here on earth). All of the feelings associated with being a practiced addict, (guilt, shame, remorse, etc). This was all interconnected because of the choice I was making to engage in those destructive behaviors.

When I started to ask these same questions when I was ready to make change, I had a re-birth in a sense because I was transferring negative behaviors into positive ones. I began doing positive things in my life to fill the void with my old negative ways that adds value to my life and others today.

If you would like to take this conversation further after journaling these questions with your answers, I'm here to help... send me a message today!

**JOURNAL YOUR BEHAVIOR** (Use this blank page to analyze yourself)

