

**Observing (diary – collecting data) and describing (Wheels of Experience) behaviour**

Here, we take a close look at what happens before and after your specific problem behaviour and your thoughts, feelings and body sensations during the behaviour – in your ‘My Things to Change Diary’. Follow these steps:

1. Look at your My Things to Change diary (see page 130).
2. Find a good example of a problem behaviour. A good example is a time when the behaviour happened that you can remember quite well and that was quite serious.
3. Copy your chosen example of your problem behaviour into the boxes in the table overleaf.
4. Thinking back to this example, when it happened, can you notice any time during or after the behaviour that you felt good, or you felt relief (*escape*) from something like emotional pain, even very briefly? Sometimes this can be difficult, as it feels like there are no good feelings (*rewards*) or no escape from things in your problem behaviour. You may have to think hard. For example, if I stay in bed all day being depressed with negative thoughts, it seems like there is no reward or escape here. Yet I may be escaping from the pain of going out and facing people when I stay in bed all day, even though I do not think of it like that at the time. Search for any good feelings (*rewards*) or escapes from things in your own behaviour and write them here if you can find them:



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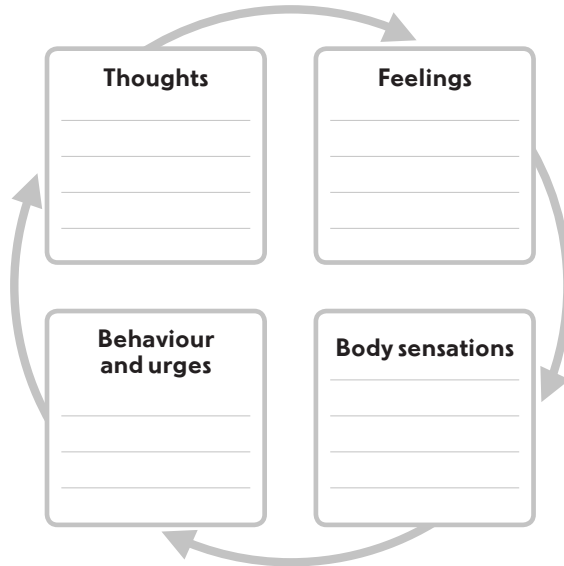
**My Problem Behaviour Example**

DAY	BEHAVIOUR	WHAT WAS HAPPENING BEFORE?	WHAT HAPPENED AFTER?	THOUGHTS	FEELINGS	HOW BAD WAS IT? (1-10)

*How to Understand Behaviour*

5. Now fill in the Wheel of Experience for the good feelings (*rewards*) or escape from things you have identified in your chosen behaviour, if you have managed to find them:

*My Wheel of Experience for feeling good and/or escaping from things in my behaviour*



Just sit back and notice the benefits (including escaping from things) of the behaviour. This is why you keep on doing it!

6. Write down any long-term problems caused in your life for yourself or others by this behaviour:



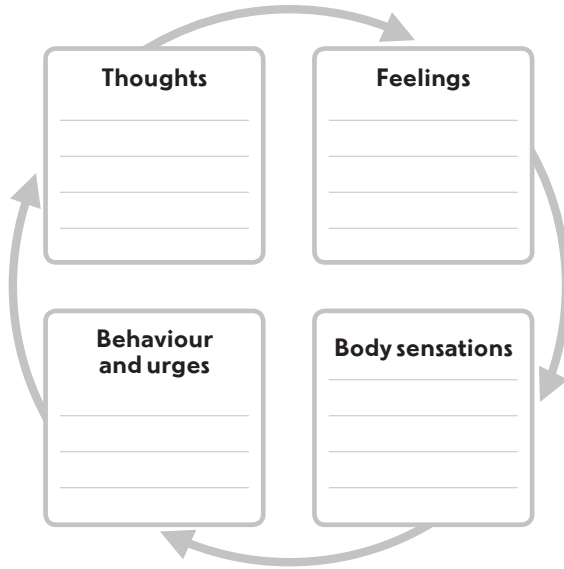
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Get Your Life Back

7. Now fill in the Wheel of Experience for after the behaviour, focusing on the long-term problems it caused for you and/or others.

*My Wheel of Experience for long-term problems caused in my life for myself or others by this behaviour*



Just sit back and notice the cost of the behaviour.

8. Write down here the benefits and costs of your behaviour that you have noticed:

Benefits (short-term)



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*How to Understand Behaviour*

Costs (long-term)



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