

THOUGHT/BEHAVIOR MAP

In this exercise, you will analyze your thoughts, perceptions, and also your resulting behaviors. It will help you understand, challenge, and adjust, as needful, many parts of your worldview and reactions due to your perceptions. Most of these thoughts and behaviors are developed over a lifetime of experience and learning. Some serve us well, enhancing our characters, careers, and relationships, yet others seemed to protect us as children, but hold us back as adults in our quest for success and happiness. One example of this may be a person, who through childhood abuse, developed an understanding that adults are not trustworthy, that open communication is potentially dangerous or, at least, highly unpleasant. As an adult, this perception may be generalized toward most or all others that surround him or her, effectively damaging the ability to socially thrive. Understand that all behavior, whether cognitive or physical, is motivated. I have found that the “WHY,” (payoff) and often times the “SOURCE” of the behavior are the most difficult to uncover. This is because these are buried under a lifetime of repetitious and perceived reinforcing events that seem to validate the need to continue such behavior. In most cases, the “COST” is more easily defined due to the resulting distress and unhappiness produced.

Thought/ Behavior

Payoff

Cost

Thought/ Behavior

Payoff

Cost

Thought/ Behavior

Payoff

Cost