

Habitual Reactions Analysis Worksheet - "Before"

0. The Pattern. Use the $X + Y = Z$ exercise to name & describe your pattern.

1. The Calm Before the Storm. Describe your "normal" baseline mental/ emotional state.

2. The Triggers. The things you see, hear or think that start your reaction.

3. The Emotions. Name the feeling(s) activated when you get upset. Rank them by intensity/ frequency.

4. The Thoughts. What goes through your head along with these feelings?

5. The Reactions. What you say, do, withhold or withdraw, both in the moment and over time?

6. The Consequences. What happens in response to all this; the long-term fallout and worsening conditions?

7. Memories. Record any earlier events that come to mind while studying and meditating on your pattern.

8. Your "Story". The reasons you have for the whole situation including blame for why it's happening to you.

9. The Needs. What is required to calm down, feel better, be at peace, the absence of which is upsetting you?

10. The Beliefs. Survival-based subconscious programs developed in childhood to cope with adverse events.