

HANDOUT: BEHAVIOURS SELF-ASSESSMENT

DATE: _____

VALUE:

*I am behaving like the
person I want to be*

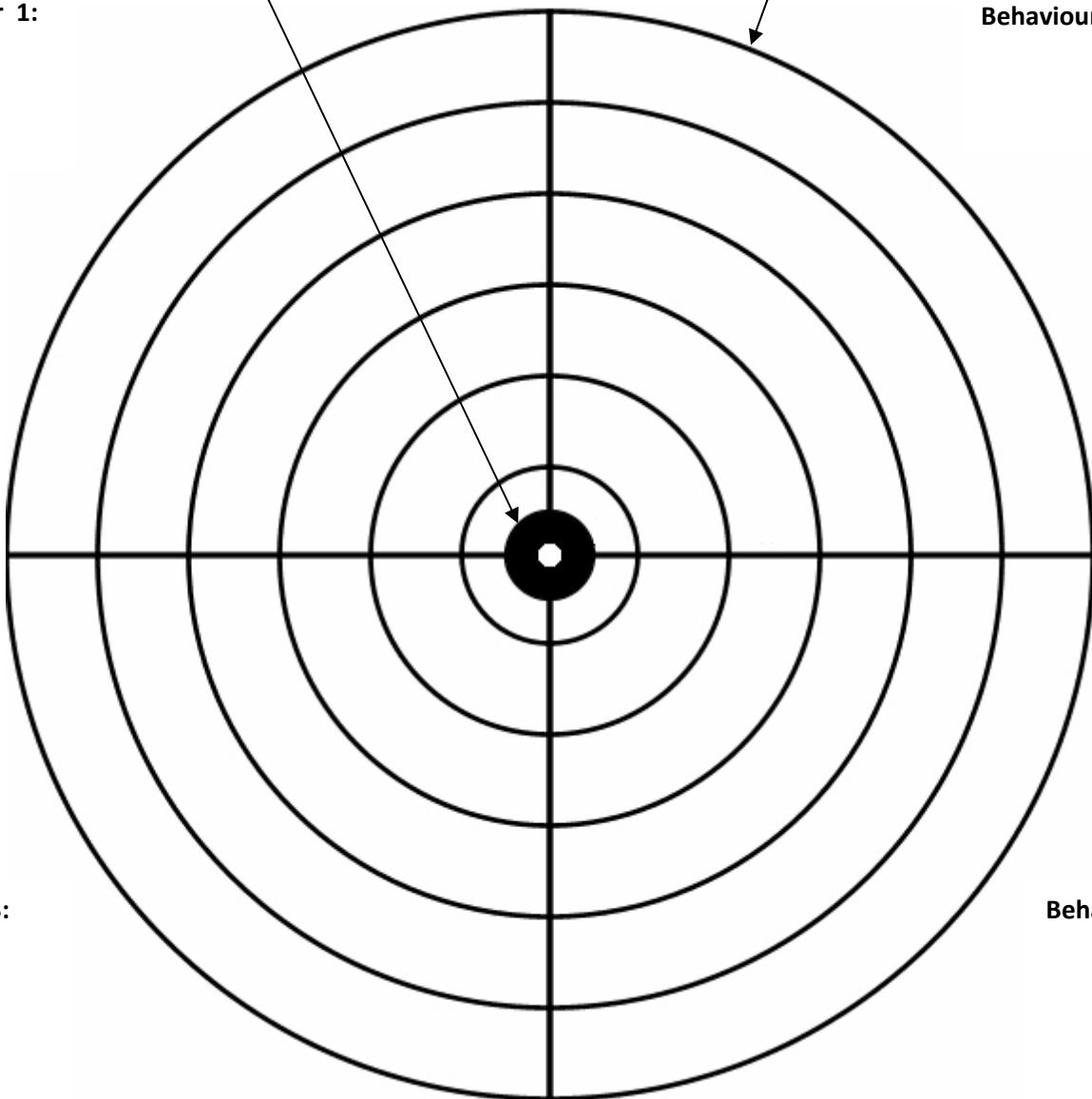
*My behaviour is far
removed from the way
I'd like it to be*

Behaviour 1:

Behaviour 2:

Behaviour 3:

Behaviour 4:



HANDOUT: CHOICE POINT

'AWAY'

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

'TOWARDS'

Moving towards the life outcome you want, acting *effectively*, behaving like the person you want to be

**Choice
Point**

What gets in the way

Difficult/unhelpful thoughts, feelings, sensations, and memories

Fix-it Urge:

Thoughts:

Feelings:

Tools

Values, strengths and skills that help you to act like the kind of person you want to be

Values

Mindfulness

Thank the Passengers

Taking care of feelings

Self-Compassion

CHALLENGING SITUATION

Adapted from The "Choice Point" worksheet, Ciarrocho, Bailey & Harris, 2013

HANDOUT: COMPASSIONATE ALTERNATIVES

What would you say to a trusted colleague or someone you cared about in this situation?

Visualize a supportive, compassionate other. How would they speak to you? What tone and words might they use? Practice by writing it out here. Recognize that, if you are used to taking a harsh tone with yourself, it might feel strange at first to write kinder/gentler messages.

Adapted from Gilbert (2015)

HANDOUT: GOAL-SETTING & THOUGHT BARRIERS



STEP 1: SET YOURSELF A CHALLENGING GOAL

Set a specific and time-bound goal that:

- Is consistent with one of your most important values
- You want to achieve within the next three months
- Is challenging enough to take you out of your normal 'comfort zone'

My goal is to:

I intend to achieve this goal by (date):



STEP 2: NOTICE WHAT YOUR MIND SAYS AND DOES

Write any thoughts (or 'self-talk') that you notice in the spaces below

My passengers are saying:

Adapted from Flaxman (2015)

HANDOUT: GOAL-SETTING & THOUGHT BARRIERS



STEP 3: REFLECT ON WHAT YOU NOTICED ABOUT YOUR PASSENGERS

The human mind tends to generate all sorts of thoughts. Some may be encouraging – perhaps predicting that you will go ahead and achieve your goal.

However, the human mind is also very good at generating ‘reasons’ for why we won’t/ can’t/shouldn’t/ might not achieve a goal. This type of chatter often comes in the following forms:

OBSTACLES

Our mind points out all the obstacles and difficulties that lie in our path

Example: “I won’t have enough time”

JUDGMENTS

Our mind tells us all those ways in which we’re not up to the task

Example: “I won’t do it right”

COMPARISONS

Our mind compares us unfavourably to others who seem to do it better, have more talent, or have it easier

Example: “My colleagues wouldn’t have this problem”; “my colleague would be able to fix this”

PREDICTIONS

Our mind predicts failure, rejection, or other unpleasant outcomes

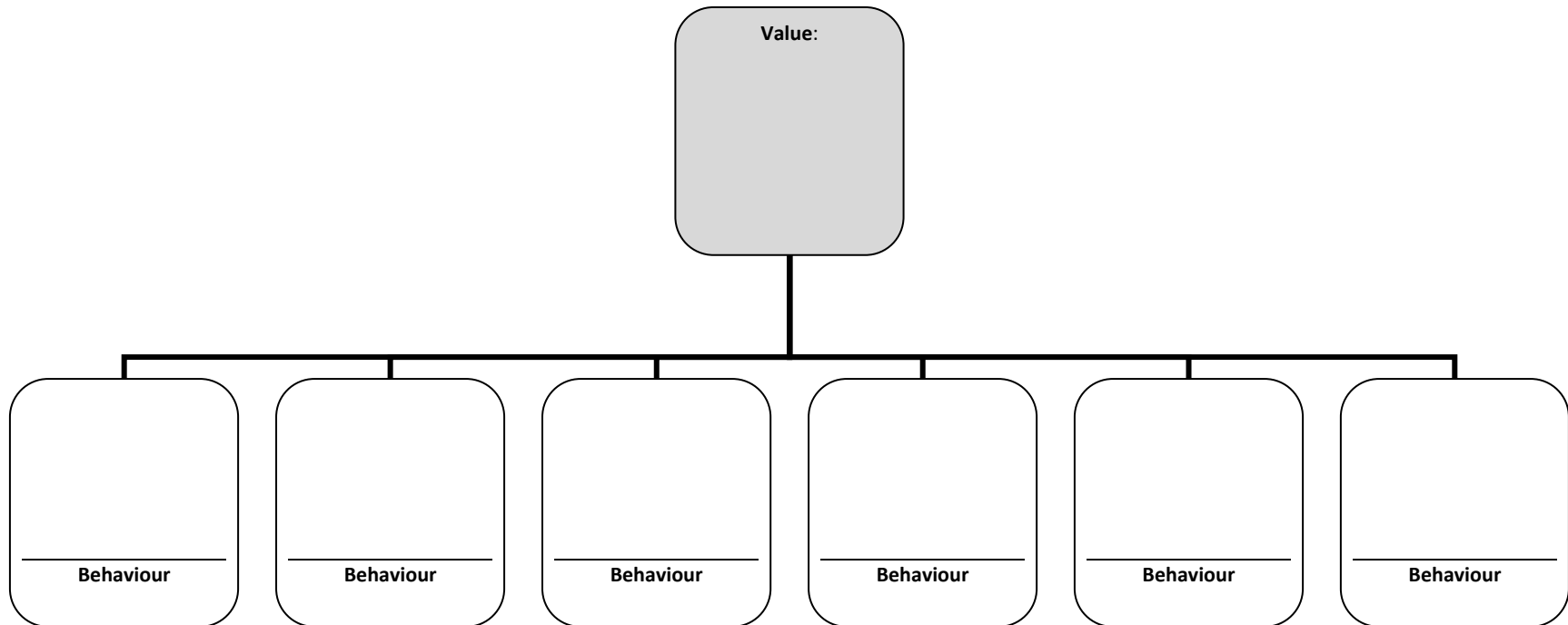
Example: “This won’t work”

SEE IF ANY OF YOUR OWN THOUGHTS FIT INTO THESE CATEGORIES.

Adapted from Flaxman (2015)

HANDOUT: VALUE & ASSOCIATED BEHAVIOURS

Instructions: Please select a value and list possible behaviours/actions that would reflect this value.



Behaviour Change Institute

HANDOUT: SELF-COMPASSION BREAK

When you notice that you're feeling stress or emotional discomfort, offer yourself a self-compassion break

Now, say to yourself, slowly:

1. Here is the fix-it urge. (This is mindfulness)

Other options include:

- This hurts
- This is tough
- Ouch!

2. We all struggle in our lives. I'm a normal human. (This is recognizing common humanity)

Other options include:

- *My colleagues feel this way too*
- *I'm not alone*
- *We all struggle in our lives*

Say to yourself:

3. May I be kind to myself. This struggle is telling me that I care and want to do a good job.
(This is self-kindness)

Other options may be:

- *May I learn to accept myself as I am*
- *May I forgive myself*
- *May I be strong*

Say to yourself:

4. There are many other ways I can express my value of caring for patients.

If you're having trouble finding the right language, sometimes it helps to imagine what you might say to a friend struggling with that same difficulty. Can you say something similar to yourself, letting the words roll gently through your mind?

Adapted from: <http://www.mindfulnesscompassion.org/handouts/SelfCompassionBreak.pdf>

Feeling: _____

Take care of your feeling:

- acknowledge it
- notice your reaction to it
- take care of your feelings like a puppy

Be a responsible pet owner



“the puppy is just being a puppy”

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Feeling: _____

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Be a responsible pet owner



“the puppy is just being a puppy”

HANDOUT: WHAT DO YOU VALUE?

Values are not possessions, achievements, or external attributes- they are the way you wish to live your life.

Read through the list below and circle any items that are very important to you.

1. **Acceptance:** to be open to and recognize myself, others, situations, etc. as reality without trying to change it.
2. **Adventure:** to actively seek, create, or explore novel or stimulating experiences.
3. **Assertiveness:** to respectfully stand up for my rights and request what I want.
4. **Authenticity:** to be genuine, real; to be true to myself
5. **Beauty:** to appreciate, create, nurture or cultivate attractiveness in myself, others, the environment, etc.
6. **Caring:** to be considerate and kind towards myself, others, the environment, etc
7. **Challenge:** to encourage/provoke myself to grow, learn and improve
8. **Compassion:** to act with kindness towards those who are suffering
9. **Connection:** to engage fully in whatever I am doing, and be fully present with others
10. **Contribution:** to help, assist, or make a positive difference to myself or others
11. **Conformity:** to be respectful and obedient of rules and obligations
12. **Cooperation:** to be obliging and collaborative with others
13. **Courage:** to be brave; to persist in the face of fear, threat, or difficulty
14. **Creativity:** to be original or innovative
15. **Curiosity:** to be inquisitive, open-minded and interested; to explore and discover
16. **Encouragement:** to support and reward behavior that I value in myself or others
17. **Equality:** to treat others as I would treat myself and vice versa
18. **Excitement:** to seek, create and engage in activities that are stimulating or thrilling
19. **Fairness:** to be reasonable and just to myself or others
20. **Fitness:** to maintain or improve my health; to look after my physical and mental wellbeing
21. **Flexibility:** to adjust and adapt readily to changing circumstances
22. **Freedom:** to live without restraint; to choose how I live and behave, or help others do likewise
23. **Friendliness:** to be pleasant, companionable to agreeable toward others
24. **Forgiveness:** to be merciful toward myself or others
25. **Fun:** to be playful; to seek, create, and engage in joyful activities
26. **Generosity:** to be charitable, sharing and giving, to myself or others
27. **Gratitude:** to appreciate of the positive aspects of myself, others, and life
28. **Honesty:** to be open, truthful and sincere with myself and others
29. **Humor:** to see and appreciate the comical side of life
30. **Humility:** to be humble or modest; to let my achievements speak for themselves

HANDOUT: WHAT DO YOU VALUE?

31. **Industry:** to be diligent, hard working, dedicated
32. **Independence:** to be self supportive and choose my own way of doing things
33. **Intimacy:** to open up, reveal, and share myself emotionally and/or physically in close relationships
34. **Justice:** to uphold integrity and fairness
35. **Kindness:** to be compassionate, considerate, nurturing or caring towards myself or others
36. **Love:** to act amorously or affectionately towards myself or others
37. **Mindfulness:** to be conscious of, open to, and curious about my here and now experience
38. **Order:** to be systematic and organized
39. **Open-mindedness:** to think things through, see other perspectives, and weigh evidence fairly
40. **Patience:** to wait calmly for what I want
41. **Persistence:** to continue resolutely, despite problems or difficulties
42. **Pleasure:** to create and give joy to myself or others
43. **Power:** to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
44. **Reciprocity:** to build relationships in which there is a fair balance of giving and taking
45. **Respect:** to be courteous towards myself or others; to be polite, considerate and show positive regard
46. **Responsibility:** to be answerable and accountable for my actions
47. **Romance:** to display and express love or strong affection
48. **Safety:** to secure, protect, or ensure welfare of myself or others
49. **Self-awareness:** to be conscious of my own thoughts, feelings and actions
50. **Self-care:** to look after my health and wellbeing, and get my needs met
51. **Self-development:** to keep growing, advancing or improving in knowledge skills, character, or life experience
52. **Self-control:** to act in accordance with my own ideals
53. **Sensuality:** to create, explore and enjoy experiences that stimulate the five senses
54. **Sexuality:** to explore or express my sexuality
55. **Spirituality:** to connect with things bigger than myself
56. **Skillfulness:** to practice and improve my abilities, and apply myself fully when using them
57. **Supportiveness:** to be helpful, encouraging, and available to myself or others
58. **Trust:** to be loyal, faithful, sincere, and reliable

HANDOUT: WHY DO YOU DO THIS WORK?

Describe the memory:

Inside that memory, what you are doing?

Inside that memory, how you are behaving?

Inside that memory, what personal qualities are you exhibiting?

Inside that memory, how are you treating yourself, others, and the world around you?

What does this reveal about the personal qualities you'd like to embody?

What does this suggest about the way you'd ideally like to behave?

