**Contemplation Exercise**

\_\_\_\_\_ Observe your present behavior without changing it. Take notes on your notice. Remember: AWARENESS is necessary to any change effort. This observation/awareness exercise is for informational purposes only. If what you see when you are looking honestly at your present, unchanged behavior is alarming to you, record the emotions you feel. Do your best not to judge yourself, but take an honest inventory. The point is to see the truth as it has been. This is not the final word on who you are, this is how you have been behaving. Behavior is a choice, and you can choose differently when you are ready.

Engage your emotions through strategies such as imagining your life without changing, watching movies related to your target behavior, and becoming more aware of the current effects of your target behavior. (Ex: count how many dollars you spend in one week on take-out, Count how many arguments you get into with your partner and record the reasons for these arguments, blow cigarette smoke or spit tobacco juice into a white handkerchief, have someone you trust videotape you while you are drunk or hung over, or make a pile of the amount of candy or junk food you eat in a month). List the strategies you tried:

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\_\_\_\_\_ Keep a journal of your target behavior to establish a baseline. Examine the behaviors that lead up to and follow your target behavior.

\_\_\_\_\_ Complete a cost-benefit analysis of your target behavior:

Pros of current behavior: Cons of current behavior:

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Pros of changing: Cons of changing:

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\_\_\_\_\_ Create a new self-image: Describe yourself and your life after you change your target behavior:

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\_\_\_\_\_ Enlist the help of friends and family members to support your efforts and help you identify the causes and consequences of your target behavior. List the people you’ve spoken with, and briefly describe what they told you about your target behavior:

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