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## Your Target Behaviors

**DIRECTIONS:** In the following spaces, list five behaviors that you want to change. They might be behaviors discussed earlier in this chapter or others specific to you. Examples of target behaviors include smoking, eating unhealthy foods, and not exercising regularly.

### Target Behaviors:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Choose the target behavior you feel the most strongly about changing, and use the following worksheets and logs to help you modify that behavior. Once you've succeeded in changing that behavior, choose another one to work on.

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## Understanding Your Target Behavior:

### Is It Addictive?

**DIRECTIONS:** To help you decide if your target behavior is addictive, answer the following questions, substituting your target behavior in the blanks.

Yes No 1. Do you \_\_\_\_\_ alone?

Yes No 2. Do you \_\_\_\_\_ on a regular basis?

Yes No 3. When you are stressed, do you \_\_\_\_\_?

Yes No 4. Do you crave \_\_\_\_\_ at any time of the day?

Yes No 5. Are you influenced by others to \_\_\_\_\_?

Yes No 6. Does your \_\_\_\_\_ impair your job performance or ability to engage in daily activities?

Yes No 7. Does your \_\_\_\_\_ cause you to use poor judgment?

Yes No 8. Do you lie to friends or family about how much or how often you \_\_\_\_\_?

Yes No 9. Have you tried unsuccessfully to cut down on \_\_\_\_\_?

### EVALUATION

If you answered **Yes** to any of these questions, you may be addicted. If this addiction affects your health (e.g., smoking) you should talk with a physician or other health care provider.

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## Understanding Your Target Behavior:

### What Are Its Health Effects?

To better understand the importance of your behavior change, it is important to recognize the harmful effects of your present target behavior and the positive effects of quitting that behavior.

Some negative health effects of my target behavior are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Some positive health effects of changing my behavior will be:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



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## Goals

Whatever your target behavior is, there are several key points to remember when establishing goals.

1. Establish achievable goals.
2. Put goals in writing and place them where you can see them every day.
3. Establish both short- and long-term goals.
4. Establish goals that are measurable.
5. Set target dates for achieving goals.
6. After you achieve a goal, establish another achievable goal.
7. Reward yourself after achievement of a goal.

What are your ideas and feelings about defining your goals at this time?

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## Timelines

When it comes to creating a timeline for your goals, it is always a good idea to make it **manageable**. The best timeline is one that requires you to reach out of your comfort zone. But don't make it discouraging! Track yourself with small goals every few weeks that lead up to the greater behavior change.

**DIRECTIONS:** Fill out the spaces below to assist you in setting your goals on a timeline.

Short-Term Goal #1: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Short-Term Goal #2: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Short-Term Goal #3: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Short-Term Goal #4: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Short-Term Goal #5: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Short-Term Goal #6: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Long-Term Goal: \_\_\_\_\_

Date to Achieve: \_\_\_\_\_

Don't forget to mark your short-term goals on a calendar or set up a reminder system so that you remember them!

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## Rewards

It is important to reward yourself for accomplishments and goals that you have met. Rewards should be things that you may not always get to do, but things that you enjoy doing. They should be relatively inexpensive and accessible, and they should not be anything that reinforces the behavior you are trying to change. Rewards for someone trying to lose weight might be shopping or taking a walk on the beach, rather than going out to eat or eating sweets.

**DIRECTIONS:** Fill out the spaces below to assist you in setting your rewards.

Short-Term Goal #1: \_\_\_\_\_

Reward: \_\_\_\_\_

Short-Term Goal #2: \_\_\_\_\_

Reward: \_\_\_\_\_

Short-Term Goal #3: \_\_\_\_\_

Reward: \_\_\_\_\_

Short-Term Goal #4: \_\_\_\_\_

Reward: \_\_\_\_\_

Short-Term Goal #5: \_\_\_\_\_

Reward: \_\_\_\_\_

Short-Term Goal #6: \_\_\_\_\_

Reward: \_\_\_\_\_

Long-Term Goal: \_\_\_\_\_

Reward: \_\_\_\_\_

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## **IDENTIFY OBSTACLES AND SOLUTIONS**

After establishing your short-term and long-term goals for behavior change, you will find that there will be many distractions and challenges that may hinder your progress. In order to overcome these obstacles, you must develop strategies to counteract them.

For example, Susan has decided that she wants to lose weight. She has established a program for herself that includes eating healthy, proportionate meals every day, and exercising at least 5 days a week. Susan has been invited to a Super Bowl party that includes a big barbeque with lots of food, chips, sweets, and beer. She really wants to go to the party but does not want to break her weight loss program. What strategies can Susan use to overcome this obstacle?

Some suggestions for Susan might be to eat a healthy meal before the barbeque so that when she arrives she is not hungry and possibly not as tempted as if she arrived with an empty stomach. Susan might also bring a plate of vegetables and low-fat dip to share with the guests. If she is hungry, she should stick to the healthier snack that she brought or eat some of the other food in moderation. Susan might also want to socialize with guests in an area away from the food. After the party, she should reward herself for overcoming the temptations by engaging in an activity that she enjoys.



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## Examining Attitudes and Developing Strategies

Understanding your attitudes and feelings about your target behavior will help you better understand why you engage in that behavior and what might prevent you from changing it. This knowledge will allow you to create effective strategies to overcome obstacles.

**DIRECTIONS:** Fill in the blanks with the appropriate answers.

I engage in \_\_\_\_\_ because  
(target behavior)

I am most tempted to \_\_\_\_\_ when  
(target behavior)

I have not quit \_\_\_\_\_ because  
(target behavior)

\_\_\_\_\_ is difficult for me because  
(behavior goal)

I feel that \_\_\_\_\_ would help me to achieve \_\_\_\_\_  
(strategy 1) (behavior goal)

because \_\_\_\_\_

I feel that \_\_\_\_\_ would help me to achieve \_\_\_\_\_  
(strategy 2) (behavior goal)

because \_\_\_\_\_

I feel that \_\_\_\_\_ would help me to achieve \_\_\_\_\_  
(strategy 3) (behavior goal)

because \_\_\_\_\_

Once I achieve \_\_\_\_\_, I can stick to it by \_\_\_\_\_  
(behavior goal) (maintenance strategy)