

The unhelpful behaviour I am analysing is: _____

<p>Advantages (Pros) of me doing this (what keeps the behaviour going – short term reinforcers)</p>	<p>Disadvantages (cons) (Negative consequences – usually more long term) (Motivator for change)</p>
<p>Doing something skilful when I am distressed eg dealing with distress skills</p>	
<p>Advantages (Pros) of doing something more skilful (motivator for change – why doing something different would be a good idea)</p>	<p>Disadvantages (cons) (The barriers to change – what keeps you stuck)</p>