Name: Date:

BEHAVIOR WORKSHEET

Directions: Write H for Helpful or U for Unhelpful.

1. _____ Taking a deep breath when I feel angry.

2. _____ Yelling when someone disagrees with me.

3. _____ Asking for help when I do not understand something.

4. _____ Walking away from an argument to calm down.

5. _____ Blaming someone else when I make a mistake.

6. _____ Using calm and respectful words.

7. _____ Taking a short break when I feel overwhelmed.

8. _____ Interrupting someone while they are speaking.

9. _____ Thinking before I make a difficult choice.

10. _____ Pushing someone when I am frustrated.