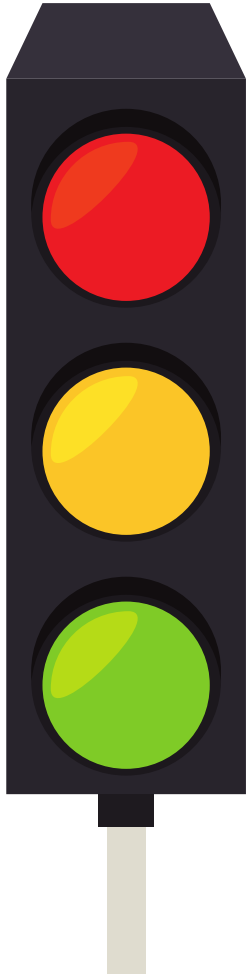


Creating Intentional Behaviours Worksheet

Red Light Behaviour:

Is any behaviour you're wanting to change; the thing you don't want to be doing. What is the behaviour (work on only one behaviour at a time) you want to change? For example: Drinking alcohol.

Write it in the box below.



Yellow Light Behaviours:

Are the actions that lead to red light behaviours. For example: Stopping into your local bar for a bite to eat, even though that's the place where you regularly consume alcohol. Yellow light behaviours set us up for failure. Write your yellow light behaviours in the box below.

Green Light Behaviours:

Are healthy, alternative, actions. For example: Feeling the urge to go for a bite to eat at my local drinking spot; recognizing the urge & following my green light behaviour instead. ie: calling sponsor, discussing with friend or partner, eating somewhere that doesn't serve alcohol. Green light behaviours increase motivation, build confidence and take us in the direction we want to go. Add your green light behaviours below.