

Form 9.2: Countering Emotional Behaviors

Use this form to help you think of *Alternative Actions* for the emotional behaviors you would like to change. Use the first column to identify situations that bring up strong emotions, and use the second column to note the emotions that typically come up in that situation. In the third column, write down the emotional behavior(s) you usually use. Finally, use the last two columns to brainstorm *Alternative Actions* and to consider the short-term and long-term consequences of engaging in a new behavior.

Situation/Trigger	Emotion(s)	Emotional Behavior	Alternative Action(s)	Consequences of Alternative Actions
				Short term: Long term:
				Short term: Long term:
				Short term: Long term: