



# [YOUR ORGANIZATION NAME]

[Tagline or Program Name – Optional]

## Self-Discovery Worksheet

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*This self-discovery worksheet is not a punishment. It is an opportunity for you to recognize and change a self-sabotaging behavior. The quality of your work on this assignment is an indication of your willingness to change and improve the quality of your recovery program.*

Name: \_\_\_\_\_ Date Issued: \_\_\_\_\_ Date Due: \_\_\_\_\_  
\_\_\_\_\_

### 1. What's happening? What is the situation?

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### 2. Name your Behavior and Feeling at the time. How did you act and feel?

(Examples: yelled, ran away, broke something, rebelled, argued, defensive, lazy, procrastinate, judged, etc. You may need help to name the feeling.)

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### 3. What Belief made this behavior okay? What did you tell yourself to make it okay?

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### 4. How did this Behavior affect you?

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### Others?

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### 5. How has this Behavior affected you and relationships in the past?

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**6. Do a Double Bind on this Behavior:**

A Double Bind means being stuck in a lose-lose situation: if I change, I FEAR something bad will happen. If I don't change, I KNOW something bad will happen.

a. If I change (negatives/fears):

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b. If I don't change (what will happen? Think 6 months to a year from now):

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c. The right thing to do is (the right thing to do is usually the hard thing to do):

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d. What is your new plan for change, using help and accountability?

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**7. Do you need to make amends to anyone?**

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