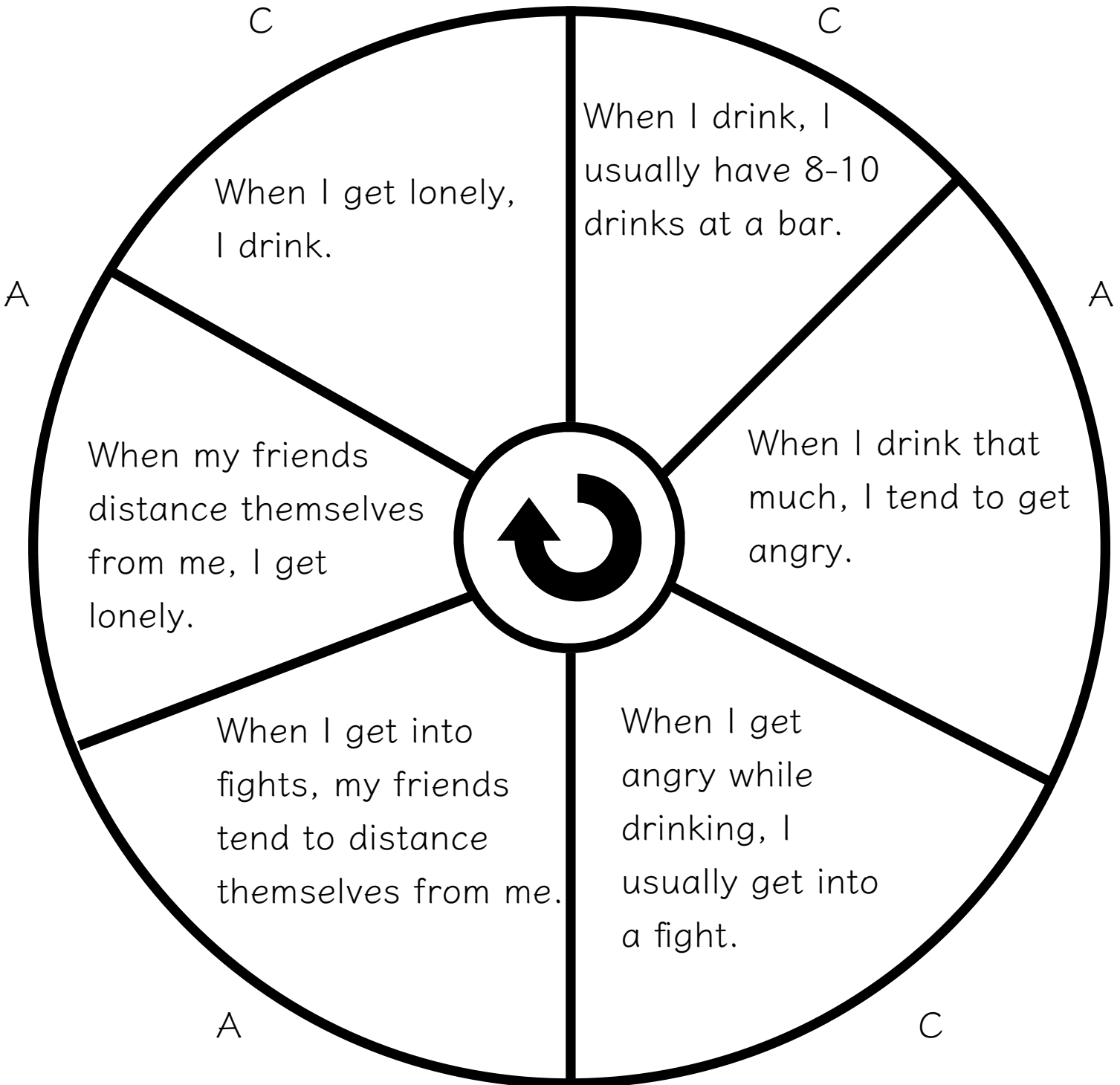


# Behavior Wheel



**Directions:** Starting at the top of the circle, identify and write the steps of the pattern/cycle that keeps perpetuating itself. By adding spokes on the wheel, divide the circle into as many sections as needed to describe *exactly* what happens in the cycle of behavior. Be as precise and detailed in your description as you can, without any judgment. Then follow the directions on the back to analyze/reflect on your patterns and ways to change them.

# Behavior Wheel

1. Next to each section of the wheel, write an A for Accept (out of my control, in the past, nothing to be done) or C for change (has the *possibility* of changing in the future).
2. Ask yourself:
  - What is most distressing or concerning to me in this cycle?
  - What is most important to me?
  - What am I most able to accept or change now?
3. In the chart below, copy or summarize each step of the behavior cycle. Note whether your goal for each step is to accept (A) or change (C) it.
4. Now identify concrete steps to either accept or change each part of the situation. Finish the sentences — either “I could...” (Change statement, action step) or “I need to accept...” (Acceptance statement).
5. Circle/star those steps you are willing to take to try and begin to break the cycle.
6. Set a due date for your actions.
7. Finally, post this somewhere you can look at it daily and share it with the supportive people in your life who can help you achieve these goals. Repeat as necessary.

<b>Part of the Cycle (copy or summarize from the Behavior Wheel)</b>	<b>Accept (A) or Change (C)?</b>	<b>How could you actively accept/change this part of the cycle? What action steps could you take?</b>	<b>Due Date</b>
Drink 8-10 drinks	C	I could drink less alcohol overall.	3/18
Drink = get angry	A	I almost always get angry when I drink but I act like I don't. I need to accept that this is predictable.	
Get angry = fight	C	I could ask my friends to make sure I stop drinking so that it doesn't get that far.	
Fight = distance	A	I need to accept that it is understandable that my friends don't want to be near me when I fight.	
Distance = Lonely	A	I need to accept that I will continue to be lonely if I don't stop the fighting.	
Lonely = drink	C	I could go to a basketball game or a movie with a friend when I'm lonely instead of a bar.	3/24