

# The Costs and Benefits of Your Problem Behaviors

Problem behaviors are hard to change, even when they cause you needless suffering. However, changing your behaviors can begin when you start to understand why you keep doing these behaviors even when you want to stop.

Typically, behaviors have positive as well as negative consequences. For example, Martha was 50 pounds overweight which made her very self-conscious and as a result, she avoided going out. At home, she cheered herself up by eating sweets, particularly ice cream and cookies, and when she felt better she would work on her novel and correspond with friends on social media. So even though eating high-caloric food was self-defeating, it was also Martha's way of fighting depression and staying productive.

Now take a look at your problem behaviors. Use one sheet for each problem behavior considering the costs and benefits of each behavior.

Describe your behavior.

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What are the negative consequences of this behavior? List as many as you can think of.

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How does this behavior make you feel about yourself?

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How do the people you care about respond to this behavior?

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What are the positive consequences of this behavior?

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