



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Thinking Report Form

Think of a behavior you would like to change: _____

Identify a specific situation when this behavior has gotten you into trouble (I know I'm in a high risk situation when. . .). Remember to be specific. _____

What were your thoughts or feelings when first approached with the negative situation? (What immediately came to mind? What were your first thoughts and feelings?) _____

What did you choose to do in this situation? What was the result or outcome? (What happened?) _____

Attitudes and Beliefs – How do you feel about the situation? _____

What could you have done instead of the action that you chose?

Intervention #1 (Action steps – What can I do different next time?)

Intervention #2 (Action steps – What can I do different next time?)

How would this situation end differently if I had chosen Intervention #1 or #2?
