



Red Light / Green Light Patterns

Name: _____

Date: _____

- ❖ **Red Light Patterns** are the old, maladaptive, dysfunctional, unhealthy, and ineffective patterns that you would like to stop, reduce, avoid, or unhook from.
- ❖ **Green Light Patterns** are the new, adaptive, functional, healthy, and effective patterns that you would like to embrace, enact, and put into practice.

Situation: _____
(e.g., stress at work, conflict with partner, feeling down, unpleasant memories, substance use, worried, etc.)

Describe a - **Red Light** - or a - **Green Light** - pattern (circle one).

1. Thoughts

2. Feelings

3. Actions