



EXPLORING AN INEFFECTIVE ACTION

3D Recovery ® Resource 4.2

Name: _____ Date: _____

Awareness. What action may be making it harder to adapt to the current situation?

Situation: _____

Action: _____

Analysis. It may be helpful to analyze why this action appears ineffective. These concepts are introduced in the handout, *Understanding Actions* (3DRecovery.com Resource 4.1).

What is ineffective about this action? (check all that apply):

This action represents...

- is an overgeneralization
- short-term gain with long-term pain
- an outdated response
- impulsivity
- not trying hard enough
- trying too hard
- passivity and avoidance
- aggression
- trying to control others

Response. Do you want to maintain this action or modify your behavior?

Maintain action

Modify behavior

More Effective Actions. If you have decided to modify your behavior, **please write down some alternative actions that may be more effective.** These new actions may correct the ineffective pattern you identified in the analysis section. It may be helpful to use the *Understanding Actions* handout as a guide as you identify healthier ways of behaving.