



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- ☐ an outdated response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.