

WORKSHEET 6.1. Contributors to My Behavior

Write down everything that contributed to your actions, even the small things. Answer the following questions to get you started.

- Was there a series of events that led to your actions?
- Might you have thought, felt, or acted differently if you had different past experiences?
- Might you have thought, felt, or acted differently if the environment had been different?
- Was your fight–flight–freeze response activated?
- Was avoidance or dissociation activated?
- Did you have any alcohol, street drugs, or over-the-counter or prescribed medication in your system that might have influenced your behavior? If so, what led you to take the substance? Were you trying to ease some physical or emotional pain? Were you addicted?
- Did your body respond reflexively to unwanted touching or experiences?

Factors contributing to my thoughts, feelings, and behaviors