

Introspection Exercise

Project Mainstream

Think about a risky or problem behavior you have tried to change at some point in your life. You will not be expected to share this with the group.

1. How much time elapsed between the start of the behavior and the first time you recognized a risk or negative consequence?

2. How much time elapsed between the time you noticed the risk or consequence of your behavior and the first time you made an earnest attempt to change your behavior?

3. Have you ever experienced a relapse of your undesired behavior?

4. Think of individuals who tried to help you change your behavior but were not helpful. What about their behavior was not helpful? Please respond with verbs or adjectives – actions that were not helpful or ways they came across that were not helpful.

5. Think of individuals who were helpful to you in changing your behavior. What about their help was helpful? Again, respond with verbs or adjectives – actions that were helpful or ways they came across that were helpful.