
CHOICE POINT ANALYSIS:

GENERAL VERSION

Becoming aware of your own patterns of feelings and thoughts at choice points can take some practice!

1. Choose a recent time you made a choice that later caused problems for you. Why did this end up being an important choice?

2. When you made the choice, where were you? What was going on?

3. When you thought about your options in the moment, how did you feel?

4. What thoughts went through your head?

5. What did you actually end up doing? What was the result or consequence?

6. Which of these aspects of the choice point seem important to remember for the future? What will help you recognize you're in a choice point? Are there any *red flag thoughts* (page 39) to be aware of?

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