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## 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?

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

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

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4. What thoughts went through your head?

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

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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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