Behavioral Analysis

Think of the last ten times you either got in trouble or could have gotten in trouble if caught. Please list the details of those circumstances below. When you return to meet with your officer, you will review this worksheet to see if there are any patterns in your life that are leading you to "high-risk" situations for getting into trouble.

When (day of week and time)	Who were you with (before/during)?	Where were you?	What were you thinking/feeling (before/during)?	What did you do?	What were you thinking/feeling after?