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| **1. How do you think or “talk yourself out of doing what you planned or what you believe is in your best interests?** | **2. What behavioral patterns or habits are maladaptive and lead to avoidance/distraction/procrastination?** | **3. What feelings, thoughts or mental states trigger mindgames, avoidance, or delay?** | **4. What are social and environmental obstacles to engaging in the activities you had intended?** |
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Cited and adapted from Haverford College, [link to Haverford College, Office of Academic Resources](http://www.haverford.edu/OAR) Cited and adapted materials from: N. Voge and The McGraw Center for Teaching & Learning, Princeton University