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CHOICE and CONSEQUENCE TOOL

What choices lead to the best CONSEQUENCES when I feel powerless, defenseless, sad, bitter, resentful or rage-full? To find out more about myself and my CONSEQUENCES... I can choose to self-honestly answer the questions below. When I have answered the questions, I can then choose to compare my answers down the CONSEQUENCE column.

I deserve to feel **more** safe and calm. Those who count on me need me to know how to be self-honestly safe and calm. I can to reduce my impulsive choices and learn more about Five Step Self Time Outs until I can honestly choose to feel more safe and calm.

WHAT HAPPENS TO _____...	WHEN I CHOOSE TO _____?	CONSEQUENCE
1. What happens to my BEHAVIORwhen I choose to judge or attack, myself?	1
2. What happens to my MOOD ...		2
3. What happens to my SELF-IMAGE ...		3
4. What happens to my SAFETY ...		4
5. What happens to OTHERS ...		5
1. What happens to my BEHAVIORwhen I choose to judge or attack others?	1
2. What happens to my MOOD ...		2
3. What happens to my SELF-IMAGE ...		3
4. What happens to my SAFETY ...		4
5. What happens to OTHERS ...		5
1. What happens to my BEHAVIORwhen I choose to allow myself to continue to stay defenseless or powerless without improving my self-care?	1
2. What happens to my MOOD ...		2
3. What happens to my SELF-IMAGE ...		3
4. What happens to my SAFETY ...		4
5. What happens to OTHERS ...		5
1. What happens to my BEHAVIORwhen I choose to leave the unsafe or uncomfortable situation without improving my self-care?	1
2. What happens to my MOOD ...		2
3. What happens to my SELF-IMAGE ...		3
4. What happens to my SAFETY ...		4
5. What happens to OTHERS ...		5
1. What happens to my BEHAVIORwhen I choose to leave the unsafe or uncomfortable situation and then I choose to improve my self-care by focusing on some thing or idea or activity that I know will be safe for me, so I might feel more calm.	1
2. What happens to my MOOD ...		2
3. What happens to my SELF-IMAGE ...		3
4. What happens to my SAFETY ...		4
5. What happens to OTHERS ...		5