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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 BEHAVIOR ... | ...when I choose to <u>judge or attack myself?</u> | 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 BEHAVIOR ... | ...when I choose to <u>judge or attack others?</u> | 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 BEHAVIOR ... | ...when I choose to <u>allow myself to continue to stay defenseless or powerless without improving my self-care?</u> | 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 BEHAVIOR ... | ...when I choose to <u>leave the unsafe or uncomfortable situation without improving my self-care?</u> | 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 BEHAVIOR ... | ...when I choose to <u>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.</u> | 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 |