

Help Students Assess Behavior Workability

Use these kinds of questions to help students figure out whether their behaviors are consistent with their values in the long term.

What have you tried?

- What's the situation that you don't like?
- What have you done to change this situation?
- What have you done to make the problem go away?

How has it worked?

- How have your actions changed the situation in the short term?
- How have your actions changed the situation in the long term?
- What kind of life do you want at school?
- Did your actions enrich your life?
- Did your actions lead to the education you want?
- Did your actions lead to the relationships you want?

What has it cost?

- How have your actions affected your education?
- How have your actions impacted your relationships?
- How have your actions impacted your health?
- If you could get back the time you spent doing this, how would you use it?
- If you could get back the energy you put into this, how would you use it?
- How do you feel about yourself after doing this?