BREAKING UNHEALTHY HABITS
Slip Prevention Form

Knowledge is power! As we learn about the beliefs, thoughts, emotions and behaviors associated with unhealthy patterns in our lives we gain power to change them. Write out a "Slip Prevention Form" every time you have a slip to learn from the experience and break free of the unhealthy habit.

Answer the following questions about the slip:

Day of the Week ___________ Time of Day ___________

Triggers. What did I notice about the slip? ______________________________________________
________________________________________________________________________________
__________________________________________________________________________________

Emotions. What was I feeling at the time? ______________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Automatic Thoughts. What sabotaging/automatic thoughts was I having at the time?
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________

Rational Response. What are some "rational responses" to the automatic thoughts? What might I tell a close friend or family member who was thinking the same way?
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________

Challenge Statement/Affirmation. What is a statement to challenge or talk back to each automatic thought?
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________
4. ________________________________________________________________________________
5. ________________________________________________________________________________
**Negative Effects.** How might *continuing* to think my automatic thoughts affect my life in the future?

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**Effects of Changing.** How might *changing* my automatic thoughts affect my life in the future?

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**Trigger Behaviors.** What behaviors led to the slip? __________________________________________________________________________________

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_____________________________________________________________________________________

**Benefits.** What are the benefits of this unhealthy habit/behavior? Why do I do it? __________________________________________________________________________________

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_____________________________________________________________________________________

**Consequences.** What are the negative effects of this habit/behavior? __________________________________________________________________________________

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_____________________________________________________________________________________

**New Healthy Habits.** What healthy living tactics and new behaviors will I incorporate into my life to replace the unhealthy habits? __________________________________________________________________________________

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_____________________________________________________________________________________

**Something Different.** What do I plan to do different next time I feel the urge to slip into my old habits?

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**Benefits.** What are the benefits of changing this unhealthy habit/behavior and developing new habits?

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**What Have I Learned?** What have I learned from this slip that will set me up for success in the future?

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(Compiled by Laura M. Brotherson, M.S., MFT, Cherry Lane Counseling Center, 12/5/11)