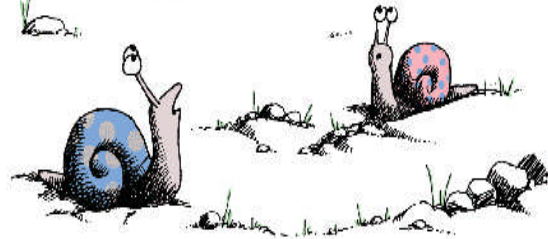


# Self-Evaluation Questions

## WHAT DO I WANT?

(What do you want?)

- ☐ Overall direction words
- ☐ Beliefs
- ☐ Specific wants



## WHAT AM I DOING?

(What are you doing?)

- ☐ Name that behavior

## HOW IS IT WORKING?

- ☐ Is it helping or not?

## WHAT IS MY NEXT STEP?

(What is your next step?)

- ☐ Make it better
- ☐ Reconnect

From the work of William Glasser.