APPENDIX D / WRITING WORKSHEET

Review One Pattern, Practice One Change

Use one sheet for one question across several sessions. If a problem makes it unsafe to continue, follow your pause plan now.

1. What pattern do I see?

Review period

The situation I reviewed

I did

In this many opportunities

Out of these relevant opportunities

One example that doesn't fit my explanation

2. What will I practice?

When this happens

I'll practice

I'll know I followed my rule if I can point to this action

2. What will I practice? — continued

While I practice, I'll keep this part of my plan unchanged

I'll review after this many opportunities

Or on this date

3. How did I respond when the trigger appeared?

Times the trigger occurred

I followed my rule

I broke my rule

I'm unsure

One response worth repeating

If the trigger never appeared, write "no opportunity to practice."

4. What will I do next?

My next action

- ☐ Keep my current plan
- ☐ Practice longer
- ☐ Revise one rule

My reason

If I revise a rule, I date the change and evaluate it on new opportunities. I judge earlier decisions by the rule I had at the time.