

Exploring a Pattern of Behavior

Resources For Resolving Violence, Inc.

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Please mindfully observe your internal experiences (thoughts, feelings, physiological reactions, and behavior) as you complete this questionnaire.

1. Please write down a recent upsetting experience?
2. What comes to mind as you think about it?
3. How are you feeling about it?
4. Where in your body do you experience it?
5. What are your fantasies about managing the upsetting experience?
6. How does it remind you of anything from your past?
7. How is being upset about it effecting your actions?
8. How does it impact the way you are with others?
9. What helps you to calm down while thinking about the upsetting experience?
10. How can you manage being upset without causing any harm?

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Facilitator's Information

Before reading the ten questions to the group please make sure to:

- Tell participants they will not be required to share their answers, or any personal information.
- Ask them to remain as quiet as possible throughout the activity which takes about 10-15 minutes.
- Ask them not to look at anyone else's answers or to distract others in any way.
- Tell them the goal is to clearly focus and organize their thinking.

Once all participants appear ready read each question twice. This is to enhance brain processing. Monitor participants and when each person appears finished writing each answer, read each following question until the exercise is finished. Once everyone is finished writing, facilitate discussion about the activity in relation to both the process and content of the experience.

Only after everyone is finished, pass out the paper that has all of the questions on it so participants can now see the questions in writing.

Process Questions:

- What was it like to do this activity?
- Why was important to listen to the questions and not just have the piece of paper to fill out your answers?
- Even though it's hard work, how many of you found it helpful? How so?
- If you didn't think it was helpful, why not?
- Did it meet the goal of helping you focus and organize your thinking? Why is that important?

Content Questions:

- What did you think about the questions?
- What was it like to think about each one?
- Did any questions surprise you? If so, which ones?
- Where any of them hard to answer? If so, which ones?
- What are you learning about yourself as a result of answering the questions?
- How can these questions help you with sexual decision-making?
- How can they promote health and well being?