Part 2 Workbook

Every guided practice, in course order, with room to write

How to use this workbook
The pages follow the course in order, one page or less per guided practice. When I say "turn to your workbook," the matching section has the same number as the practice. You don't need to finish every page during the course. Fill in what you can while you watch, and come back to the rest in ten quiet minutes this week.
If you only do three pages, do these: your top thought (2), your value (8), and your committed action (10). Then copy them onto your one-page plan and put it on your fridge.

Took Part One? Bring the one behavior and the first step you already wrote. Part 2 works on the thoughts and pressures that get in the way of it. **Didn't take Part One?** Pick one health behavior you want to follow through on, like drinking more water, eating lunch, walking, or going to bed on time, and use it for every page.

The behavior I'm working on	
My first step (if I have one)	

Jess, the made-up BCBA from Part One, is working on water. Her first step: 40 oz a day, 4 days a week.

1. Name your inner barrier

Module 1, Lesson 1. Check the one that sounds most like you, then answer the three questions for that one. No judgment. Just curiosity.

	Inner barrier	It can sound like	Questions to answer for yours
☐	Avoiding discomfort	"I'll start when it feels less awkward."	What do I avoid? What does avoiding it get me right away? What does it cost me over time?
☐	Stuck in a story	"I always quit by Wednesday. That's just who I am."	What's the story? Where did it start? What would I try if the story weren't true?
☐	Holding on too tight	"If I miss my target, the day doesn't count."	What's my rule? What happens when I break it? What would a flexible version be?
☐	Self-imposed pressure	"I have a master's in behavior change. I should be able to fix this."	Who set this standard? Is it helping? What would I expect from a friend in my spot?

One recent moment it showed up. Where was I, and what happened next?

_____

_____

Question 1:

_____

Question 2:

_____

Question 3:

_____

> *Jess checked two: holding on too tight ("if I can't hit my target, the day doesn't count") and self-imposed pressure ("I teach parents routines every day, I should be able to drink water"). Neither one is about water. Both were running her behavior.*

2. Catch your top thought

Module 1, Lesson 2. Think about the last time you didn't do your behavior. What was the thought right before? Check the pattern it fits.

	Thought pattern	Sounds like
☐	All-or-nothing	"I ate something off plan, so the whole day is ruined."
☐	Fear of failure	"I've tried before, and it never lasts."
☐	Comparison and self-doubt	"Other people love working out. I just don't have the motivation."
☐	Emotional eating and comfort seeking	"I had a stressful day. I deserve whatever I want."
☐	Lack of self-trust	"If I don't track every bite, I'll lose control."
☐	Rigid thinking	"If I miss one day, I might as well stop."
☐	Self-criticism	"I have no self-control. I'll never get this right."
☐	Time, energy, and motivation	"I don't have time." "I don't have the energy to meal prep."

My top thought, word for word (the exact words, the way my mind says them):

_____

_____

A thought like "I already ruined today" can work as a rule. It changes how the healthy option feels and tells you what to do next. You don't have to prove it false. You just have to notice what it does.

Jess's top thought: "I'll drink it later."

3. Your unhooking toolkit

Module 1, Lesson 3. Unhooking doesn't get rid of the thought. It changes your relationship with it, so it's something you notice instead of something you obey. Try them on and keep one or two.

Tool	How it works	Try it on your thought
1. Label it	Add "I'm having the thought that…" in front.	"I'm having the thought that I'm too tired to walk."
2. Thank your mind	Acknowledge it instead of arguing.	"Thanks, mind. I hear you. I'm going to do this anyway."
3. Sing it	Sing the thought to Happy Birthday or a silly song.	"I don't have time to meal prep, I have three reports due…"
4. Silly voice	Hear it in a cartoon or robot voice.	"You have data to graph!"
5. Notice it in your body	Ask where you feel it: chest, stomach, shoulders, jaw. Just notice.	"My shoulders are up by my ears."
6. Change "but" to "and"	Both things can be true, and the door stays open.	"I want to move more, and I'm exhausted after work."

The workability question: not "Is this thought true?" but "If I let this thought guide me, does it move me toward the life I want?"

Hands as thoughts: hands over your eyes is hooked. Hands resting in your lap is unhooked. The thoughts are still there; you can just see around them.

My tool	
My thought, unhooked	

Practice tally. Use your tool one to three times a day this week, even when you don't need it. Fluent before you need it under pressure.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Jess used "but" to "and": "I want to drink more water, and I'm in back-to-back sessions." Then she noticed she could finish half a bottle while writing notes after each session.

4. Notice the noticer

Module 1, Lesson 4. Your thoughts and feelings are the weather. You are the sky. The weather moves through, and the sky makes room for it.

The 1-minute version. Notice the sounds around you. Notice your body where it touches the chair. Notice what thoughts are showing up, like clouds. Then notice that you are the one noticing. Breathe, and open your eyes.

What "weather" showed up when I tried it?

_____

_____

What story do I want to start noticing as weather? ("There's that quitting story again.")

_____

_____

Acceptance doesn't mean liking a feeling or giving up. It means making room for it instead of spending all your energy fighting it. Many away moves (the cookie, the scrolling, the skipped workout) are attempts to make the weather stop.

Module 1 practice week. Each day, catch your top thought at least once and use your tool on it. Tally it in section 3.

5. Outer barriers and one environment change

Module 2, Lessons 1 and 2. Three outer barriers: your environment, your body, and the people around you. Which feels biggest right now?

	Outer barrier	Ask yourself
☐	Environment	Where does my behavior break down: home, work, or in between? What takes too much effort right now?
☐	My body	Is sleep, food, or stress making the behavior harder than it needs to be?
☐	People around me	Who makes this easier? Who or what makes it harder, even without meaning to?

My notes:

_____

_____

Environment ideas

At home	At work
Breakfast station: basics in one spot	Block lunch on your calendar, even 15 minutes
Two or three go-to meals on a fridge whiteboard	Snacks with protein in your bag or desk drawer
Walking shoes where you'll trip over them	Water bottle system: desk, therapy bag, bedside
Protein next to the snacks you already reach for	Standing desk or walking pad, if you can ask for one
Freezer meals for hard nights (see your Freezer Dinner Guide)	A lap around the building before you leave
A pause note on the pantry door: "What do I actually need right now?"	Stretch while you wait for a parent

My one environment change	
The day I'll make it	

Jess leaves her empty bottle next to the office sink at the end of the day, so filling it is part of walking in.

6. Your body: pick one

Module 2, Lesson 3. Sleep, nutrition, and stress feed each other. Pick ONE, then check ONE strategy to try for at least three days.

Sleep	Nutrition	Stress
☐ One week of baseline: bedtime and the hour before	☐ Eat within 1 to 2 hours of waking, with protein*	☐ Longer exhale: in 4, out 6, for 1 to 5 minutes
☐ Move bedtime 10 minutes earlier for two weeks	☐ Eat every 3 to 4 hours: protein, fat, carbs*	☐ Progressive muscle relaxation, feet to face
☐ Screen-free wind-down, one step at a time	☐ Water before the afternoon coffee	☐ Sigh breath: two inhales, one long exhale
☐ Caffeine done by about 2 p.m.*	☐ Add, don't subtract: add protein or fiber to a favorite snack	☐ End-of-day reset: change clothes, music, candle
☐ Cool, dark, quiet room; same wake time	☐ Plan one meal or snack a day, plus an if-then	☐ Replace the habit: tea, stretch, brain dump, 30-second wait

** My coaching guideline, not a study finding.*

I'm starting with	
My strategy	
Days I'll try it	

The stress order

Step 1: calm your system. When your nervous system is in fight or flight, your brain chases fast relief. **Step 2: replace the habit** with one that meets the same need. Ask the functional question: "What is this behavior trying to soothe, or protect me from?"

My stress response tends to look like: ☐ Flight (avoid) ☐ Freeze (shut down) ☐ Fight (control) ☐ Fawn (people please)

What my autopilot behavior gives me: _____

A replacement that meets the same need: _____

7. Pick your script

Module 2, Lesson 4. Decide what you'll say before the moment, so you're not deciding on the spot.

Strategy	In practice
Check in before the moment	"What matters to me right now?" Set a small intention. Don't show up starving.
Don't give their opinion more weight than yours	"They're allowed to have an opinion. I'm allowed to make my choice."
Keep it short and skip the food talk	One kind sentence, then change the subject.
Find the voices that lift you up	The coworker who walks with you. Or be that voice for yourself.

Scripts you can borrow

When...	Try...
Coworkers are ordering takeout	"I already brought my lunch, and I'd love to sit with you all."
A friend wants you to stay late	"I'm going to get my walk in. Can we catch up after?"
Someone comments on your food or body	"I appreciate that, and I'm going to stick with what's working for me right now."
Someone keeps pushing	"I'd rather not talk about food today." Or: "No thanks, I'm good."
Nobody on your team takes lunch	"I'm going to sit down and eat for 15 minutes. Come join me if you want." (Jess's script)

The moment that pulls me off track	
Who's there, and what they say	
My script (one sentence)	

Module 2 practice week. Make your environment change, try your body strategy at least three days, and use your script once if the moment comes up.

8. Find your value

Module 3, Lesson 1. A goal is something you check off. A value is a direction you never finish.

Goal (a destination)	Value behind it (the compass)
Lose 20 pounds	Health and energy, to be active with my family
Work out five days a week	Strength: a body that feels capable
Meal prep every Sunday	Self-care: nourishing my body
Leave work by 5	Presence
A real lunch break three days a week	Self-respect

Step 1. I'm becoming someone who _____

Step 2. Circle one or two words on the values list (next page) that fit that person.

Step 3. I'm becoming someone who _____, and my value is _____.

Megan's: "I'm becoming someone who has the energy to be present with my family, and my value is presence."

The five whys

Take your value and ask, "Why does this matter to me?" Then ask why again about your answer. This one can take a day or two.

Why 1?	
Why 2?	
Why 3?	
Why 4?	
Why 5?	

Jess started at energy. Five whys later: being patient with her afternoon clients, because she wants to love her job again. Her value became presence. Put your word where you'll see it: a sticky note on the mirror, or the back of your work badge.

Values list

No right or wrong answers. If nothing fits today, come back in a few days. A word often shows up later.

☐	Acceptance	☐	Energy	☐	Joy	☐	Respect
☐	Adventure	☐	Fairness	☐	Kindness	☐	Responsibility
☐	Authenticity	☐	Faith	☐	Leadership	☐	Rest
☐	Balance	☐	Family	☐	Learning	☐	Security
☐	Belonging	☐	Flexibility	☐	Longevity	☐	Self-care
☐	Calm	☐	Freedom	☐	Love	☐	Self-compassion
☐	Care	☐	Friendship	☐	Mental clarity	☐	Self-respect
☐	Challenge	☐	Fun	☐	Mindfulness	☐	Service
☐	Compassion	☐	Generosity	☐	Nature	☐	Simplicity
☐	Confidence	☐	Gratitude	☐	Nourishment	☐	Spirituality
☐	Connection	☐	Growth	☐	Openness	☐	Stability
☐	Contribution	☐	Health	☐	Patience	☐	Strength
☐	Courage	☐	Honesty	☐	Peace	☐	Trust
☐	Creativity	☐	Hope	☐	Play	☐	Vitality
☐	Curiosity	☐	Humor	☐	Presence	☐	Wisdom
☐	Dependability	☐	Independence	☐	Purpose		
☐	Determination	☐	Integrity	☐	Resilience		

A lot of BCBAs find their health values and professional values overlap: compassion, presence, patience, learning, integrity. The values that brought you into this field can help you take care of yourself in it.

Extra: when values are hard to find

Module 3, Lesson 2. Stuck on practice 8? Find your barrier below and answer its questions.

Barrier	Questions to try
"I don't know my values."	When did I last feel really fulfilled? What choices have made me proud? With complete freedom, what would I prioritize?
"Are these really my values?"	If no one else's opinion mattered, what would I choose for myself? Where did this value come from?
"Nothing really matters."	Why am I taking a course about my health? What did I care about before I got this tired?
"Should, must, have to."	Is this a rule or a value? Rules create pressure. Values create purpose. What's the value underneath the rule?

My barrier and what I noticed:

_____

_____

If "nothing matters" goes beyond your health habits, and you're feeling hopeless more days than not, please reach out to a licensed mental health professional. That's a strong, smart step.

9. Toward and away moves

Module 3, Lessons 3 and 4. Every choice moves you a little closer to your value or a little further away. Neither is good or bad. It's a direction.

My value	
A choice-point moment (e.g. walking in the door after work)	
Thoughts and feelings that show up	
What I usually do	

Toward moves (closer to my value)	Away moves (further from it)
1.	1.
2.	2.

Example, value of energy. Toward: water through the day, a short walk, a balanced lunch. Away: skipping meals, running on coffee, scrolling until midnight.

At a choice point: pause

Take one slow breath, then ask:
1. What do I need right now?
2. Is this move taking me toward my value, or away from it?
3. (When you have more time) What's happening right now?

Own the choice. Instead of "I had no choice but to skip," try "I chose to skip today, and I'll adjust tomorrow." The next choice is right in front of you.

Module 3 practice week. Notice one choice point a day. Breathe, ask your two questions, and jot down what you chose: toward or away. No grades. Just data.

10. Write your committed action

Module 4, Lesson 1. Small, repeated behaviors that bring your value to life. Start with one; there's room for three.

Committed action 1	
My value	
I will... (what)	
...for... (how often or how long)	
A barrier I know is coming	
If (barrier)... then I will...	
Anchor: when I..., I...	
Smallest version (still counts on my hardest day)	

Jess. Value: energy, then presence. Action: one full bottle before lunch and one after, five days a week. Barrier: home sessions away from her desk. If-then: if I have home sessions, I pack a second full bottle in my therapy bag the night before. Anchor: when I sit down to write notes, I refill. Smallest version: one full bottle before lunch.

Committed action 2	
My value	
I will... (what)	
...for... (how often or how long)	
A barrier I know is coming	
If (barrier)... then I will...	
Anchor: when I..., I...	
Smallest version (still counts on my hardest day)	

Committed action 3	
My value	
I will... (what)	
...for... (how often or how long)	
A barrier I know is coming	
If (barrier)... then I will...	
Anchor: when I..., I...	
Smallest version (still counts on my hardest day)	

Make it fit your schedule

If you're...	Try...
In clinic all day	Anchor to built-in cues: water with notes, a walk after your last session, snacks in the same drawer.
In homes or schools	Pack the bag the night before. One toward move between clients. If-then plans about the schedule, not the place.
Supervising or in meetings	Block your break like a supervision hour. Move it, don't delete it. Model a real lunch.
Working from home	Clear start and stop cues: get dressed, walk before your first call, close the laptop at a set time.

Sometimes the committed action is a conversation: a caseload adjustment, one less client, a protected lunch. One I could have this month:

_____

Make it stick

☐ **Track it** (calendar check, phone note, tally) ☐ **Tell one person** ☐ **Pair it with something I enjoy**

Willingness check: how much discomfort am I willing to make room for, so I can live by my value? (Discomfort, not pain. If something hurts, stop and talk with your physician.)

_____

Be patient: in Lally and colleagues' study, new daily behaviors took a median of about 66 days to feel automatic (range 18 to 254), and a missed day didn't derail the process.

11. Catch your autopilot

Module 4, Lesson 2. Autopilot isn't a character flaw. It's tight stimulus control: the cue shows up and the response follows. Noticing after the fact counts.

A moment I was on autopilot	
The thought or feeling underneath	
What I might have chosen instead	

Awareness check-ins

☐	Before I eat: "Am I hungry?"
☐	Before I say yes to something draining: check in with my value
☐	Before I react to stress: three slow breaths
☐	When a hard thought shows up: notice it, and act in line with my goal anyway

12. One mindful bite

Before the first bite, rate your hunger 1 to 10. Look at the food. Take one bite and notice the taste before you swallow. Notice the urge for the next bite, and wait a moment. Notice your thoughts. ("This is silly." Thanks, mind.)

Hunger before: _____ **What I noticed:** _____

Committed action tracker. Check each day you did it, or your smallest version.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days
Week 1								
Week 2								
Week 3								
Week 4								

Module 4 practice week. Follow your committed action and if-then plan, track it daily, and do one awareness check-in a day. At the end of the week, look at your data.

13. Your weekly rhythm

Module 5, Lesson 1. Four check-ins. Do all four, or start with one.

When	Check-in	Ask
Start of week	1. Check your barriers	What might get in the way this week, inside and outside? Write an if-then for the biggest one.
Midweek	2. Notice your thoughts	What story am I believing? Is it helping? Use one unhooking tool.
When it gets messy	3. Reconnect to your value	Who do I want to be right now? What's one small toward move?
End of week (5 minutes)	4. Reflect and reset	What worked? Where did I get pulled off track, and why? One small adjustment for next week.

That last one is a data review. Look at the data, look for patterns, and adjust the plan. Not the learner.

My weekly reflection day and time	
My anchor (what happens right before)	
The check-in I'll start with	

When you get off track

Signals	Three steps
Skipping meals more. Movement dropped off. All-or-nothing thinking is back. More reactive or stuck. What used to work no longer feels doable. Thoughts are making decisions again.	1. Revisit your barriers: what's in the way now? That's your new baseline. 2. Reconnect with your value. 3. Adjust the strategy, not the standard. Shrink the habit, not the goal.

A lapse is not a relapse. A lapse is one slip. What often turns it into a relapse is the thought "I already blew it, so it doesn't matter anymore." Notice it, unhook from it, reconnect to your value, and take the smallest version of your next toward move.

14. A note for your hard day

Module 5, Lesson 2. Write to the version of you who's had a terrible week: sessions ran late, meals got skipped, the thoughts are loud.

When this happens, remember...

_____
_____
_____

My value is _____

My smallest version is _____

What I'd say to a friend in the same spot:

_____
_____

Megan's: "When this happens, remember you've been here before and you came back. Your value is presence. Drink one glass of water, take a 10-minute walk, and go to bed. Nothing is ruined. Pick up where you left off."

Take a photo of this page, or copy it into your phone, and put it where you'll find it when you need it.

A missed day is data, not a verdict. Pick up exactly where you left off.

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