



BECOMING A STUDENT OF YOUR OWN BEHAVIOR (Keeping A Daily Journal)

Five Critical Needs:

To Feel:

1. Respected
2. Important
3. Accepted
4. Included
5. Secure

At the end of the day, *briefly* answer each of the questions below.
(Keep this form blank as an "Original" from which to make copies.)

1. Which of my actions today were positive in regard to my child's five critical needs?

2. Which of my actions today were negative in regard to my child's five critical needs?

3. What did I learn about myself: attitudes, behavior, strengths, weaknesses?

4. If I were doing today over again, what would I do differently?

5. Comments and/or questions about my child's or my attitudes and behavior.