Name: ___________________________  Date: __________

Answer the following questions to the best of your ability.

1. If I fully participate in the group, the benefits for me will be:
   a. __________________________________________
   b. __________________________________________
   c. __________________________________________
   d. __________________________________________

2. If I fail to participate in the group, the costs for me will be:
   a. __________________________________________
   b. __________________________________________
   c. __________________________________________
   d. __________________________________________

3. To encourage myself to stick with the group, I will tell myself the following:
   a. __________________________________________
   b. __________________________________________
   c. __________________________________________

4. To encourage myself to stick with the group, I will do the following:
   a. __________________________________________
   b. __________________________________________
   c. __________________________________________