

Thinking it Through

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. _____