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Self-Observation Template Instructions

1. A brief description of the behavior to be observed.
2. The actual structure, consisting of an event, duration, frequency, and tickler:
 - The event consists of the circumstances in which the self-observation is to be conducted.
 - Duration is the time frame for the practice. Usually two to four weeks is a good period for a self-observation. Choose a duration that allows between ten and fifty repetitions of the self-observation. We're after an experiment of set duration, a finite end, and clear learning.
 - Frequency indicates how often we do the self-observation: hourly, daily, twice a day, weekly, or after every occurrence of the event, depending on what's being observed..
 - The tickler is a way of embedding the self-observation into your systems so that you don't have to rely on your memory and good intentions. A timer that goes off hourly, a journal on a bedside table, or a computer reminder works well. Structure it for simplicity and accountability.
3. Questions that direct your attention to specific aspects of your experience and build your familiarity with the habit. The questions will be designed to fit the particular habit you're exploring. Here are some typical sample questions:
 - When, today, did you use that habitual behavior?
 - What did you experience in your body just before you used your habitual behavior?
 - What story or narrative did you use to justify the behavior?
 - Were you aware of the behavior at the time? Why or why not?
 - What was the result of the behavior?
 - With hindsight, what alternatives might there have been?



Self-Observation Template

1. Description:

2. Structure:

- Event

- Duration

- Frequency

- Tickler

3. Questions:

a.

b.

c.

d.

e.

f.