

Replacement Therapy Practice

Name _____ Age _____ Date _____

1. Bad habit:
 - a. How does it hurt you and others?

2. Replacement habit
 - a. How does it benefit you and other?

3. Negative friend
 - a. How do they hurt you or others?

4. Positive friend
 - a. How do they make you or others feel good?

5. Negative group of friends
 - a. How can they hurt you?

6. Positive group of friends
 - a. How can they help you?

7. What negative can happen if you date someone you don't know?

8. What positive can happen if you wait till you have accomplished all your goals before getting married?

9. On a separate sheet of paper, write down a plan of how you can accomplish what you want in life including your relationships and habits.