
Situational Analysis Method

Step 1. Describe the problem situation:

Step 2. Identify the desired outcome:

Step 3. Thoughts that will help me achieve my desired outcome:

Step 4. Behaviors that will help me achieve my desired outcome:

Step 5. Assess my outcome.

Did I achieve my desired outcome? If so, which thoughts and behaviors were most helpful?

If not, what was the actual outcome, and which thoughts and behaviors got in the way the most?
