

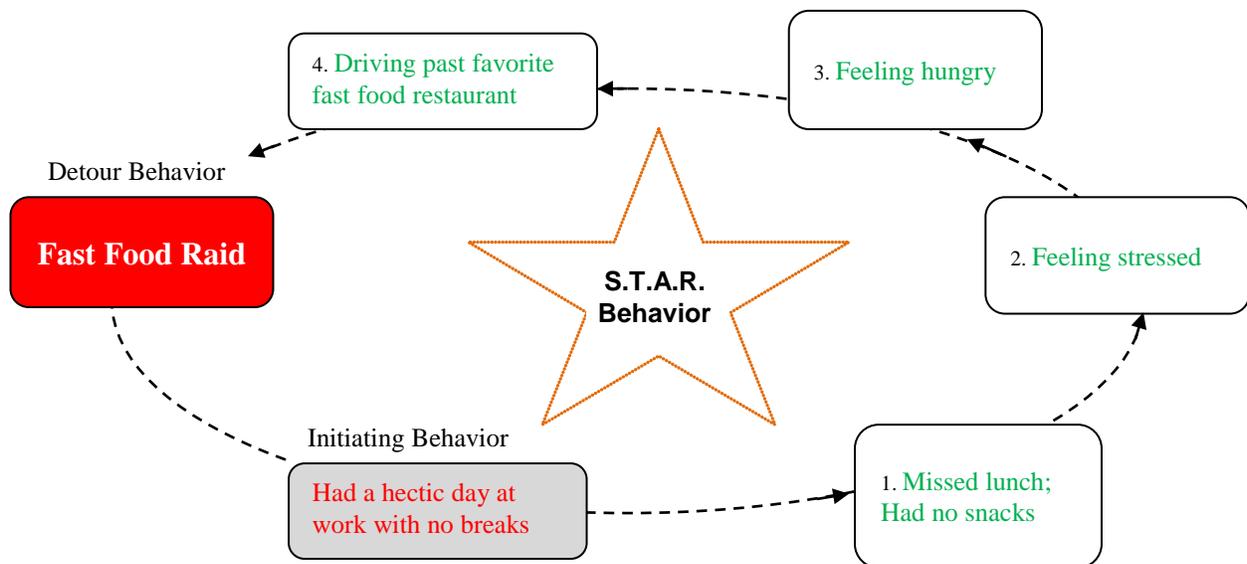
Behavior Detours and Shortcuts

Behaviors are interconnected, just like the roads between your home and work. As you practice understanding your unique behavior patterns, you can expose alternate paths for the under-construction detours that can sometimes slow you down. Like with driving, detours can be an enjoyable alternate way to reach a destination; however, they could also make you frustrated and late. With this worksheet you will work through the path that caused your detour. Consider the following example and complete the reverse side with a situation of your own.

EXAMPLE: Suppose you find yourself slipping through the drive-thru at a fast food restaurant on the way home, just before your long commute home where dinner will be waiting. This fast food raid was a "Detour" Behavior. Ask yourself, how did this happen? Here are some possible answers:

- ★ You were very hungry.
- ★ The route you took home went right past your favorite fast food restaurant.
- ★ You had a stressful afternoon, and felt like you needed a lift.
- ★ You barely got any lunch and didn't have time for an afternoon snack.

Look at the diagram below and see how the phrases in red show how these things all link together from the Detour Behavior back to an Initiating Behavior.



Now, think about how you can create a shortcut from your detour and get back on track.

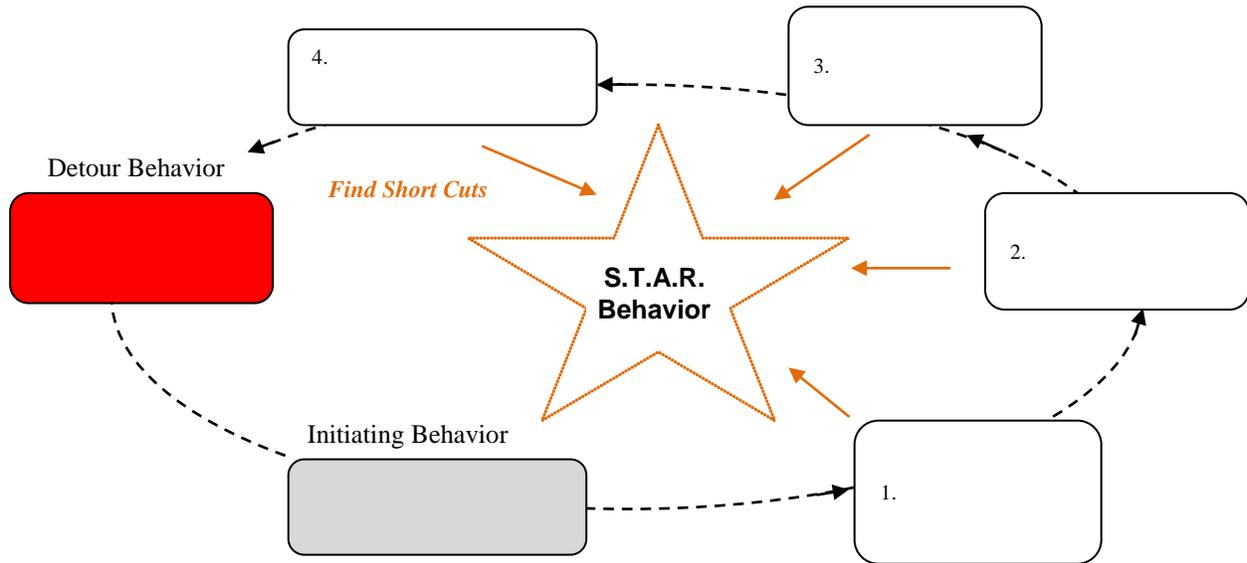
| Detour | Shortcut to Shoot for the S.T.A.R.s |
|--|---|
| No lunch or snack | Have a meal replacement shake at your desk. |
| Feeling stressed | Put on a music CD that relaxes you. |
| Feeling hungry | Plan a fruit or nutrition bar as a late afternoon snack. |
| Driving past favorite fast food restaurant | Take a different route home that bypasses the fast food restaurants you like. |

Describe a "Detour" Behavior that recently took you off track or strongly tempted you?

Working backward, identify how this started (Initiating Behavior)? It often helps to think about key factors including:

- ★ What were you doing? (activity)
- ★ Where were you? (location)
- ★ How were you feeling? (emotion)

Fill in the boxes in the following diagram:



Next, think about what you could do to avoid the detour and create a shortcut back to a S.T.A.R. Behavior, one that was successful for you in the past or even a new idea. List possible shortcuts you could try for each item you entered in the boxes above.

| Detour | Shortcut to Shoot for the S.T.A.R.S |
|--------|-------------------------------------|
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Creating a number of new paths to support your S.T.A.R. Plan destination and core abilities to help sustain a healthy weight will keep your "Lucky S.T.A.R.s" shining.