

# Setback Analysis

Completed as soon after a setback as possible. Keep for your records/long-term analysis and/or share with your therapist, life coach, or mentor.

*"...the one who sows to the Spirit will reap eternal life from the Spirit. So we must not grow weary in doing good..."* - Galatians 6:8-9 (NET)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1

## **Event:**

- What was the setback?

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2

## **Timeline**

- What specific events, thoughts, or activities led to the setback? Chart them on the timeline:

12am ..... 6am ..... 12pm ..... 6pm ..... 11:59pm

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3

## **Want Fulfillment:**

- What WANT did you have that you felt partaking in your bad habit would give you? List your WANT and some brief context.

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4

## **Strategic Plan for the Next 24 Hours:**

- What is a healthier way to fulfill your WANT during the next 24 hours?

- When the impulse to partake in your bad habit activates again, what positive, avoiding action(s) can you take? (Discuss this with your therapist, mentor, or coach)