

# 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)

# Setback Analysis

## Instructions/Guidelines

### Confidentiality Considerations:

- Learning from setbacks is crucial to prevent them from recurring. Writing down your setbacks may make you uneasy, fearing someone may discover them and cause shame or embarrassment. However, while exercising caution, avoiding the unhealthy feeling that you are trying to hide or conceal something is essential. Breaking bad habits is important, but not all details of your journey need to be shared with family and friends. Instead, create a small, trusted circle of people aware of your journey and efforts to analyze your progress. You can share your confidential analysis papers with them upon request while maintaining your privacy. This approach lets you avoid concealing or hiding while receiving your needed support.
- A couple of suggestions to be able to maintain the confidentiality of these reports:
  - Digitally:
    - Password-protect your document using apps like Microsoft Word or Apple Pages. Then, secure it further by sharing it through a secure file-sharing service like Microsoft OneDrive, Google Drive, or Dropbox. This will restrict access to authorized individuals and allow you to control who can access it. Check your app's 'Help' section for instructions on password-protecting your document.
  - Physical:
    - Store important documents in a locked cabinet or safe. Scan forms onto a password-protected PDF and destroy the original.

### Setback Analysis Instructions and Example

NOTE: The example used below is for a person working to break the habit of viewing porn. This analysis works for any habit you try to break (smoking, overeating, substance abuse, excessive media consumption, chronic lateness, etc.).

#### 1) Event: What was the setback

- Briefly describe how you engaged with the bad habit you are trying to break. You can use shorthand or abbreviations if you'd prefer. However, sometimes it is good to write it out and fully own the choice you made.
- Example: *Today, I viewed pornography online and self-stimulated*

#### 2) Timeline: What specific events, thoughts, or activities led to the setback? Chart them on the timeline:

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

• Example:

<p>6:30am: Woke up. Had pornographic dreams that I had a hard time getting out of my mind</p>	<p>12:00pm: Was watching TV and some illicit images came on. I watch them longer than I should have</p>	<p>6:15pm: Struggled to keep control of my eyes</p> <p>6:50pm: I got yelled at by my boss for showing up late to work again</p>	<p>10:30pm: I was alone at home. I was upset about work and stressed out. My setback happened.</p>
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**3) Want Fulfillment:** What WANT did you have that you felt partaking in your bad habit would give you? List some brief context and your WANT.

- Fulfilling wants or needs (which I summarize as your WANT) is a significant driving force behind human behavior. These WANTS can be both conscious and unconscious and can influence behaviors in different areas of life. When we intentionally do something, we do so to fulfill a WANT in our lives. For the sake of this analysis, we will not view the WANT(s) as either good or bad but recognize that they exist and analyze how much of a driving force they are behind the bad behavior you want to break. As you work toward breaking your bad habit, discussing this subject with your therapist, life coach, or mentor can be very helpful.
- Example:
  - *I was really stressed out after work. I wanted to just forget about it and go to sleep. My WANT: To just relax and forget about the day*

**4) Strategic plan for the next 24 hours:**

- What is a healthier way to fulfill your WANT during the next 24 hours?
  - Part of the 'Respawn Approach to Breaking Bad Habits' is to learn from your mistakes and implement strategies to overcome them more likely in the future. How could you partially or fully fulfill your WANT without engaging the habit you are trying to break? Consider it like a video game - you know that you're about to face a challenging level where you've failed before. However, you haven't failed yet and can prepare to overcome the obstacle. What steps can you take to avoid falling into bad habits when encountering them? While it may seem daunting, this process involves training your mind and body to seek healthy alternatives for satisfying your desires. Seeking advice from a therapist, life coach, or mentor may also provide valuable insights you may not have considered before.
  - Example:
    - *I will set an alarm so I remember to start getting ready for work and get out the door on time so I am not late. On days I feel stressed out after work, I will go for a walk/run at the park or go to the gym if it is raining. I'll exercise for at least 30 minutes. I could also stop at a restaurant, eat dinner, and read for an hour or so.*
- When the impulse to partake in your bad habit activates again, what positive, avoiding action(s) can you take?
  - If you find yourself where you are about to engage in your bad habit, what avoiding actions could you take to redirect yourself? This is a critical time when you will be most tempted to continue the same habit and routine. However, you have set up a strategy and have a plan. You have been to this place before, and you will pass this temptation this time.
  - Some examples of these redirecting actions are:

- Replacing the bad habit with a good one (exercise, read a book, call a friend, play a game)
  - Remove yourself from the environment or situation that is encouraging the bad habit.
  - Reach out to friends or family members who can support and encourage you to make healthy choices. Having someone to talk to can distract you from the temptation of the bad habit.
  - Take your thoughts captive. Identify the thought patterns that take you down the wrong path and actively replace them with positive thoughts, Bible verses, inspirational quotes, uplifting songs, etc.
  - Remind yourself of your goals and why you're trying to break the bad habit. Then, focus on the benefits of avoiding the bad habit and how it will improve your life.
  - Discuss this with your therapist, life coach, or mentor to help establish more redirecting actions.
- Example:

*If I'm alone in the house, I will go into the living room, open all the blinds and windows, turn on some music, and work on a puzzle.*

*I'll unplug the internet router and stay off all electronic devices for the night.*

*If it's not too late at night, I'll call my friend Brian and chat*

*I'll actively take my thoughts captive, identify the thoughts I don't want to have, and actively focus on the positive replacement thoughts.*