

## GENERAL WORKSHEET 3

(General Handout 8)

### Missing-Links Analysis

To understand missing effective behavior, do a missing-links analysis.

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

Missing Behavior: \_\_\_\_\_

Use this sheet to first figure out what got in the way of doing things you needed or hoped to do, or things you agreed to do or others expected you to do. Then use that information to problem-solve, so that you will be more likely to do what is needed, hoped for, or expected next time.

1. Did I know what effective behavior was needed or expected? Yes \_\_\_\_ No \_\_\_\_

IF NO to Question 1, what got in the way of knowing? \_\_\_\_\_

Describe problem solving: \_\_\_\_\_  
\_\_\_\_\_ STOP

2. IF YES to Question 1, was I willing to do what was needed? Yes \_\_\_\_ No \_\_\_\_

IF NO to Question 2, what got in the way of wanting to do what was needed? \_\_\_\_\_

Describe problem solving: \_\_\_\_\_  
\_\_\_\_\_ STOP

3. IF YES to Question 2, did the thought of doing what was needed or expected ever enter my mind? Yes \_\_\_\_ No \_\_\_\_

IF NO to Question 3, describe problem solving: \_\_\_\_\_

\_\_\_\_\_

4. IF YES to Question 3, what got in the way of doing what was needed or expected right away?

\_\_\_\_\_

\_\_\_\_\_ STOP

Describe problem solving: \_\_\_\_\_

\_\_\_\_\_ STOP

# Missing Links

**Ian Pickup**



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