

# Setting Behavior Expectations

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1. What behavior would you like to change?
2. What would happen instead? (Identify which of the five Family Expectations is most related)
3. State your expectation in clear, explicit, concrete terms:

## **Ideas for Reflection:**

4. How would a change like this do to move you closer to your hopes and dreams?
5. What are obstacles that stand in your way? What are some reasonable paths around those obstacles?