

Blueprint for Progress - Justification Questions pp. 27-28

1. *My Behavior*

What behaviors do I find unacceptable?

What behaviors do I find irritating?

How have I justified my unacceptable actions?

2. *Questionable Behavior*

How do I feel when I justify my actions with others?

Are there any particular people with whom I consistently engage in unacceptable behavior? Make a list of these people and explain.

Why do I feel it's okay to act out with some and not with others?

How do I behave in ways I would not tolerate from others? What makes me think it is okay for me to act this way?

3. *Responses to Unkindness*

When someone treats me unkindly, how do I respond? How do I feel about my response?

What would be considered acceptable responses to another's unkindness? List at least three.

Findings

By answering these questions on the subject of justification, what have I learned about myself?