

Good Stuff/Not So Good Stuff (GS/NSGS)

You can see the chart below is broken up into two columns. On one side, list or draw all the good things about the behaviour you are looking at and on the other, list all of the not so good things.

Are there more items on the good or not so good side?

What does this tell you?

What behaviour are we looking at?	
GOOD STUFF (eg. Forget problems)	NOT SO GOOD STUFF (eg. Paranoid)