

Type A Behavior Worksheet

Type A behaviors are not necessary for success or good health. List Type A behaviors you wish to change below. For each behavior, also write what technique you will use to alter this behavior.

Behavior: (Example) I assume too much responsibility at the office.

Changing

Technique: (Example) Practice delegating some tasks to others.

Behavior 1: _____

Changing

Technique: _____

Behavior 2: _____

Changing

Technique: _____

Behavior 3:

Changing

Technique: _____

Behavior 4: _____

Changing

Technique: _____