|  |  |
| --- | --- |
| **Maintaining Status Quo** | |
| PROS | CONS |
| **Changing Sleep Behavior** | |
| PROS | CONS |

**What is standing in my way of making this change tonight?**

**Thought**

*Something I tell myself*

**Emotion**

*Something I feel, usually one word*

**Behavior**

*Something I do*