
WHAT'S MOTIVATING YOUR BEHAVIOR?

If you have ever wondered this question about yourself or someone else, read on for tips on identifying the potential motivator.

AVOID

If your behavior falls in this motivation, you are likely wanting to dodge either psychological, emotional, or physical harm.

MAINTAIN

If your behavior falls in this motivation, you are likely wanting to maintain either psychological, emotional, or physical safety.

GAIN

If your behavior falls in this motivation, you are likely wanting to gain either psychological, emotional, or physical safety.

THE PURPOSE

The motivation is the goal you were aiming to accomplish, the behavior is the means whereby you sought to achieve the goal.

IT'S ABOUT AWARENESS

When you become aware of the motivation for the things you are doing, you get the power to decide to do something different. See below for some additional tips.

QUESTIONS TO ASK

Okay, so you have the potential motivators for your behavior, now what? See below for some questions that will help highlight more specifically the goal you were looking to achieve.

IF YOU WERE LOOKING TO AVOID SOMETHING-ASK

- What am I hoping to avoid?
- Do I enjoy what I am doing?
- Is my avoidance rational?
- What might I need to do to alter or support this behavior?

IF YOU ARE LOOKING TO MAINTAIN SOMETHING-ASK

- What am I hoping to maintain?
- Is there a reason for me to behave this way? If so, what?
- Am I okay with my behavior?
- What might I need to do to alter or support this behavior?

IF YOU ARE LOOKING TO GAIN SOMETHING-ASK

- What am I hoping to gain?
- Is my goal realistic?
- Is my is my behavior in like with the person I want to be?
- What might I need to do to alter or support this behavior?

BE HONEST WITH YOURSELF

When answering these questions, it is important to be honest with yourself. It will do you no good to avoid responding to these questions in a less than truthful manner. Remember you are seeking to better understand yourself and what motivates your actions.

BE PATIENT WITH YOURSELF

The answer to these questions might not come as soon as you ask the question. Be patient and allow yourself to sit with each question. Unfortunately, you do not have the ability to google yourself, so give it some time, and if the block does not lift, seek professional services.