S.T.E.E.R.

The STEER process was developed to help you identify and change your patterns of behavior by changing your thought patterns. The following is a diagram that illustrates how behavior patterns get established:

S̲ituation:
Home/School/Work/Friends

T̲houghts:
Beliefs, Values, Labels, Attitutudes, Irrational Beliefs, Distortions, Negative Patterns

(Self-Talk):
What you say to yourself that creates/guides/directs your feelings

E̲motions, Feelings or Physical Sensations

E̲ducated Actions:
Positive, healthy, appropriate, negative, destructive, inappropriate

R̲esults:
Healthy, Positive, Successful, Pathological, Negative, Illegal, Failure