

How to use this:

- (1) Look at this compilation of behaviors from more than 900 people who provide and receive services.
- (2) Check the “Yes” box to indicate you do this, or if you’re reviewing this for someone, if they do it.
- (3) For those where there are multiple items calls, texts, emails circle all that are evident.
- (4) Practice using the memory of the “Yesses” to increase opportunities to feel worthy of life.

Family cooking, time together visiting	
Talks about future plans, goals, dreams with positive feelings	
Good self-care (dental hygiene, grooming, nails, sleep hygiene, exercise)	
Eats healthier and healthier (good food)	
Has true sense of aloha	
Has hope for the future	
Asks for help when they don't know something, offers others help	
Smiles, affirming another is worthy	
Seeks new knowledge and skills, takes classes, in school	
Protects self from risky behavior (sex, drugs, riding without seatbelt, abusive behavior etc)	
Employed or seeking work in some form of work suitable for their situation	
Does things for self and others	
Expresses spirituality, belief system of support	
Has good posture (upright instead of slumping)	
Takes care of health, medical needs	
Has friends, spends time in constructive social ways with them	
Makes increasingly positive choices	
Is goal orientated, ambitious	
Participates in discussions and conversations, talks with others	
Cares for pet	
Openness about self and others	
Talks about their life, past experiences in positive ways	
Makes eye contact with others when culturally appropriate	
Attends to personal issues using appropriate levels of care / treatment	
Expresses interest in things and people	
Uses positive words and words of connection	
Works to build and maintain positive relationship	
Plays or is playful, happy, pleasant mood (generally)	
Thinks creatively, is curious	
Talks things out to preserve self	
Expresses preferences	
Expresses satisfaction, contentment, and pride in accomplishments	
Speaks clearly and with confidence	
Displays evidence of having energy and enthusiasm	
Laughs easily	
Sets a good example for others	
Proud of self	

Takes vacations by self or with others	
Changes their lives for themselves, their children, families	
Saves money, for future and to buy special things	
Appreciative of friendship, nature, activities	
Shares food, music, affection, singing, dancing	
Willing to communicate to the best of their ability	
Takes time for themselves	
Looks for the bright side	
Willing to ask difficult questions	
Gives back to others	
Engages in activities	
Expresses that they feel needed by other	
Surrounding self with beauty	
Celebrates specific occasions	
Allows themselves to process through mistakes and faults	
Evolving towards the real self rather than the idealized self	
Accepts compliments, positive feedback	
Spends time doing productive activities, hobbies, interests as well as in "being"	
Expresses feelings of belonging	
Able to follow a daily routine	
States opinions, preferences	
Finds meaning, purpose in work and family	
Speaks unapologetically	
Resists impulses towards negative behaviors	
Treats self and others with respect	
Has compassion for self, avoids self-shaming	
"Cuts self slack" in trying times	
Stays connected to positive people	
Contributes to society in some way	
Participate in meaningful activities	
Returns phone calls and messages	
Stretches physically, mentally, emotionally	
Remembers important dates	
Has community affiliations (ie, community service at Lo'i)	

Sample ways to increase usage:

- (1) Pick a couple of items to use deliberately.
- (2) Practice using them even when feelings are OK to practice switching behaviors. This makes it easier to do when distressed.
- (3) Give a blank to a friend or someone you trust. Ask them to fill it out about you and give it back to you. When they do, say thank you, and then review it—remember, it's just an observation instead of a judgment!