

Meme Triad: Consequences (Problem-Focused)

Name: _____ Date: _____

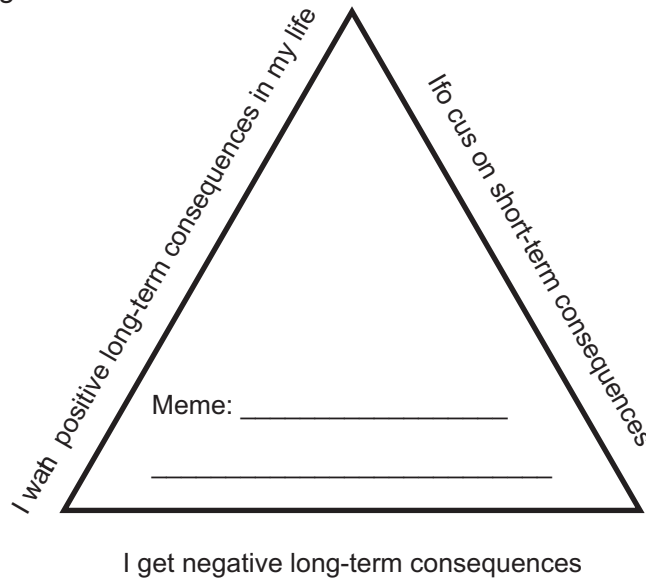
It's often easier to focus on short-term gratification than on the long-term consequences of our actions. But failure to consider long-term consequences can lead to episodes of emotionally aggressive behavior.

In the 'Meme' space below, write a meme that has led to negative consequences in your life. In the 'What' space below, write down the positive consequences that you feel are missing in your life.

In the 'Why' space below, list some of the short-term consequences you've focused on instead of the long-term consequences (for example, "It was more important for me to be right, or to win an argument, than it was for me to have a happy relationship").

In the 'How' space, write down how negative consequences manifested as a result of your focusing on the short-term.

After answering these questions, which side of the triangle would be the easiest to change? How would you change it?



What: _____

Why: _____

How: _____
