

UTM

NAME:

Date:

1a. C-Items	2a. Acceptable Reasons	3a. C+ Items Instead	4a. Deeper Reasons	5. Benefits	6. Costs
	2b.	3b.	4b.		

→ 1c. C- Zone

→ 2c. Hall Pass

→ 3c. C+ / Dysfunction Zone

→ 4c. Ego Tension (My Wall)

7. Cumulative Costs