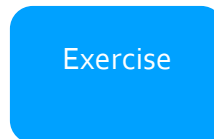


## Toolkit 1 - Learning Unit 3 Pre-intervention

### Activity 2 Risk awareness and responsibility: Taking ownership of protective measures to address soft skills



#### Determining the connections in processes

**2. Do you know why you sometimes behave in the ways you behave (e.g., sometimes behave in ways that could hurt you or your nearby)?**



NO

#### Activity 2

- Consider how you behave and how this behavior affects you (or your surroundings), in your personal and work life.
- Try to choose and name 3 types of behavior towards you, your health, your work or your relatives.
- Write the pros and cons regarding the 3 types of ways you often behave.

Example: Impulsivity

Pros	Cons

Try to imagine what your life would look like without these ways of behavior? (What would be better? What would be worse? How could you manage your life without it? What would others say (relatives, friends etc.)

