

Anti-Pattern Action Monitoring

Pick your biggest anti-pattern/s that you should avoid. Keep track of them to see how often you do them. Reflect on your actions after one month. How severe is the frequency of the anti-pattern? Is there anything that you need to change?

My big anti-pattern is...

Stalking her IG stories anonymously

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Checked her stories anon		Checked her IG	Checked her stories anon	Checked her stories anon	
		Checked her stories anon				
		Checked her stories anon		Checked her stories anon	Checked her IG	Checked her stories anon
Checked her stories anon	Checked her stories anon	Checked her stories anon				