



Expected vs Unexpected Behaviors Worksheet

Reflecting on Daily Interactions

Think about your typical day. Identify a behavior you exhibited that was expected and one that was unexpected. Why do you think each behavior was perceived as such?

Understanding Social Contexts

Consider a recent social situation you were in. What behaviors did you notice from others that were expected? Were there any unexpected behaviors? How did these behaviors align with or differ from the social norms of that setting?

Self-Awareness Exercise

Reflect on a time when your behavior might have been seen as unexpected or unconventional. What were your thoughts and feelings at that time? How did others react, and how did you respond to their reactions?

Exploring Behavior and Consequences

Consider an instance where your unexpected behavior led to a positive or negative outcome. What did you learn from this experience? How might you approach a similar situation in the future?

Analyzing Role Models

Identify a role model in your life or a public figure you admire. Discuss the behaviors they exhibit that are expected and those that might be seen as unexpected. How do these behaviors contribute to their persona or success?

Behavior Modification Goals

Set a personal goal related to modifying one of your behaviors. It could transform an unexpected behavior into an expected one or vice versa. Outline steps to achieve this goal and how you plan to track your progress.

Societal Norms and Personal Beliefs

Examine a behavior that is generally considered unexpected in your culture or society. Do you agree with this perception? How do your beliefs align with or differ from societal norms regarding this behavior?

Feedback and Reflection

Seek feedback from someone you trust about your expected and unexpected behaviors. Discuss their observations with them and reflect on any new insights you gained about yourself and your behaviors.

References

1. Bandura, A. (1977). Social learning theory. Englewood Cliffs, NJ: Prentice Hall.<https://journals.sagepub.com/doi/10.1177/105960117700200317>
 2. Cialdini, R. B., & Trost, M. R. (1998). Social influence: Social norms, conformity, and compliance. In D. T. Gilbert, S. T. Fiske, & G. Lindzey (Eds.), The Handbook of social psychology (4th ed., Vol. 2, pp. 151-192). New York: McGraw-Hill.<https://awspntest.apa.org/record/1998-07091-021>
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You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.