## BEHAVIOR CHANGE RESPONSE FORM

## **CODING:**

- A = I AM ABLE TO GIVE/DO THIS FOR YOU.
- H = THIS IS <u>H</u>ARD FOR FOR ME TO DO, BUT I AM WILLING TO LEAVE MY COMFORT ZONE AND GROW INTO IT.
- NN = THIS MAKES ME ANXIOUS AND AS IT'S NEW FOR ME, SO NOT NOW, BUT I WILL MAKE EVERY EFFORT TO TRY TO GROW AND LEARN AND TRY IT IN THE FUTURE.

| DATE OF REQUEST | GIFT REQUESTED BY MY PARTNER | RATING (A, H, NN) | DATE GIFT GIVEN |
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