LAMPIRAN 17

**LEMBAR *SELF MONITORING***

**Petunjuk Pengisian**

1. Tulislah terlebih dahulu identitas anda
2. Berikut ini adalah beberapa indikator kebiasaan bermain *game online*
3. Tuliskan gambaran prilaku negatif yang sering anda lakukan (pada kolom PERILAKU NEGATIF)
4. Tuliskan perilaku pengganti yang anda inginkan dari perilaku negatif yang sering anda lakuakan (pada kolom PERILKU PENGGANTI)
5. Gambarkan dalam peristiwa apa anda melakukan perilaku negatif atau perilaku pengganti (pada kolom PERISTIWA)
6. Gambarkan apa yang mendorong anda ingin menghilangkan perilaku negative (pada kolom DORONGAN INTERNAL)

Nama :

Nis :

Kelas :

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| **INDIKATOR** | **PERILAKU NEGATIF** | **PERILAKU PENGGANTI** | **PERISTIWA** | **DORONGAN INTERNAL** |
| Sulit mengatur waktu  |  |  |  |  |
| Rendahnya Prestasi |  |  |  |  |
| Kebutuhan akan peralatan yang lebih canggih |  |  |  |  |
| Boros dalam memanfaatkan uang jajan |  |  |  |  |
| Ekspresi yang berlebihan saat bermain *game online* |  |  |  |  |
| Menutup diri |  |  |  |  |

***SCHEDULE* PERUBAHAN PERILAKU**

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