

Essential Areas for Improvement and Support

Essential Areas for Improvement (AFIs) and Support

Essential AFI #1	<p>1. <u>Counterproductive Behavior(s)</u> <i>(Box 4 – Pattern Chart)</i></p>	<p>4. <u>Ego Benefits</u> <i>(Box 5 – Pattern Chart)</i></p>	<p>6. <u>Elan/Purpose</u></p>
	<p>2. <u>Internal Red Flag</u> Mind chatter cassettes</p> <p>Body Sensation</p>	<p>5. <u>Costs/Ripple Effects</u> <i>(Box 6 – Pattern Chart)</i></p>	<p>7. <u>Practices</u></p>
	<p>3. <u>Ego Threats/Self-worth Anxieties</u> <i>(Box 3 – Pattern Chart)</i></p>	<p>8. <u>Support</u></p>	

Essential AFI 2	<p>1. <u>Counterproductive Behavior(s)</u> <i>(Box 4 – Pattern Chart)</i></p>	<p>4. <u>Ego Benefits</u> <i>(Box 5 – Pattern Chart)</i></p>	<p>6. <u>Elan/Purpose</u></p>
	<p>2. <u>Internal Red Flag</u> Mind chatter cassettes</p> <p>Body Sensation</p>	<p>5. <u>Costs/Ripple Effects</u> <i>(Box 6 – Pattern Chart)</i></p>	
	<p>3. <u>Ego Threats/Self-worth Anxieties</u> <i>(Box 3 – Pattern Chart)</i></p>	<p>8. <u>Support</u></p>	

Essential AFI #3	1. <u>Visible Counterproductive Behavior(s)</u>	4. <u>Ego Benefits</u>	6. <u>Elan/Purpose</u>
	2. <u>Internal Red Flag</u> Mind chatter cassettes Body Sensation	5. <u>Costs/Ripple Effects</u>	7. <u>Practices</u>
	3. <u>Ego Threats/Self-worth Anxieties</u>	8. <u>Support</u>	