AFI Shifter

Summary behavior:

Reward

4. Ego Benefits

7c. Anticipatory Practice

7d. Context Practice

8. Eco Benefits

Reward

3a. Knee-Jerk CPB

3b. Opposite Behaviors

Automatic Routine

1. When...

Cue

- I face these circumstances
- I sense to these physical sensations
- I realize I have this Mind-Chatter

7b. Plan B Practice

7a. In the Moment Practice

New Routine

2. Root Cause/Ego Drivers

Unconscious Motivator

Significant Event

6. Centering Mantra

Conscious Motivator

"I'm about to...

"Because I'm afraid of...

"But what I really want is...

5. Costs

Disrupt!

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