

Changing limiting habits and behavior

1. Fill in the “Current Situation” with what is currently happening in a situation that is triggering negative thoughts or limiting behavior. Be honest and reflect with details, anything can help you to uncover patterns or triggers.
2. Then go on and fill in the “Desired Situation” of how you would like to react, think and feel if you were perfectly handling it. It’s not about eliminating the trigger (you usually can’t control this) but you can adjust your reaction to it and build new patterns.
3. An now practice this new behavior. Catch yourself every time you fall into the “Current Situation” behavior and make a conscious effort to think and feel more like the “Desired Situation”. This will take time as you are building new neuron connections in your brain. But over time this new will become the new normal.

What is the trigger or the situation? _____

	Current Situation	Desired Situation
What are you thinking?		
What are you feeling?		
What are you doing?		
What are the results?		

