

Essential Areas for Improvement (AFI) Instructions

<p>1. <u>Visible Counterproductive Behavior(s) (CPB)</u></p> <p>What would the camera capture?</p> <p>What is the visible observable behavior?</p> <p><i>If it's something internal (e.g. criticize self) that a camera can't capture, still be as specific and detailed as you can be.</i></p>	<p>4. <u>Benefits</u></p> <p>Ego- Benefits</p> <p>What am I avoiding feeling? What am I avoiding experiencing?</p>	<p>6. <u>Elan Goal/Purpose</u></p> <p>Why do I care to work on this? Why do I want to change (often anchored in the costs)? Why do I have energy with this? What context do I want to create?</p>
<p>2. <u>Internal Red Flag</u></p> <p>Mind chatter cassettes</p> <p>What repetitive thoughts come to my mind right before or as I begin engaging in the CPB?</p> <p>Body sensation</p> <p>What sensation do I experience in my body right before or as I am engaging in the CPB?</p> <p><i>What you are sensing inside (and thinking) is typically an easier red flag for you to notice on the moment compared to the behavior itself.</i></p>	<p>5. <u>Costs/Ripple Effects</u></p> <p>Capture the costs of the CBP in the moment of doing it.</p> <p>But also explore the cost over time, the costs of the costs and the potential ripple effects.</p>	
<p>3. <u>Ego Threats/Self-worth Anxieties</u></p> <p>What is the ego threat under the counterproductive behavior?</p> <p><i>Capture a significant if you connect with one.</i></p>	<p>9. <u>Support (How to be supported and who can help)</u></p> <p>How do I want to be supported? Who is a good person to support me? By when do I want to ask them to support me?</p>	<p>8. <u>Practices</u></p> <p>What do I want to experiment that:</p> <ul style="list-style-type: none"> • will allow me to step out of the counterproductive behavior • shifts me away from my ego threat toward my learning goal • gives me at the source energy • is a doable practice