

Image Manage My Situation

<p><i>1a.</i></p> <p>Situation</p>	<p><i>2a.</i></p> <p>What are your fears/ concerns?</p>	<p><i>3a.</i></p> <p>How do you want to appear? Desired Images.</p>	<p><i>4.</i></p> <p>→</p>	<p><i>5.</i></p> <p>Benefits of my knee- jerk reactions (box 4)</p>	<p><i>7.</i></p> <p>Goals</p>	<p><i>8.</i></p> <p>Practices</p>
<p><i>1b.</i></p> <p>Why is this important? What is at stake?</p>	<p><i>2b.</i></p> <p>How do you think you should behave?</p>	<p><i>3b.</i></p> <p>How do you not want to be perceived? Dreaded Images.</p>	<p>→</p> <p>What are you likely to do? Knee-Jerk Reactions.</p>	<p><i>6.</i></p> <p>Costs of my knee- jerk reactions (box 4)</p>		
<p><i>1a.</i></p>	<p><i>2a.</i></p>	<p><i>3a.</i></p>	<p><i>4.</i></p> <p>→</p>	<p><i>5.</i></p>	<p><i>7.</i></p>	<p><i>8.</i></p>
<p><i>1b.</i></p>	<p><i>2b.</i></p>	<p><i>3b.</i></p>	<p>→</p>	<p><i>6.</i></p>		