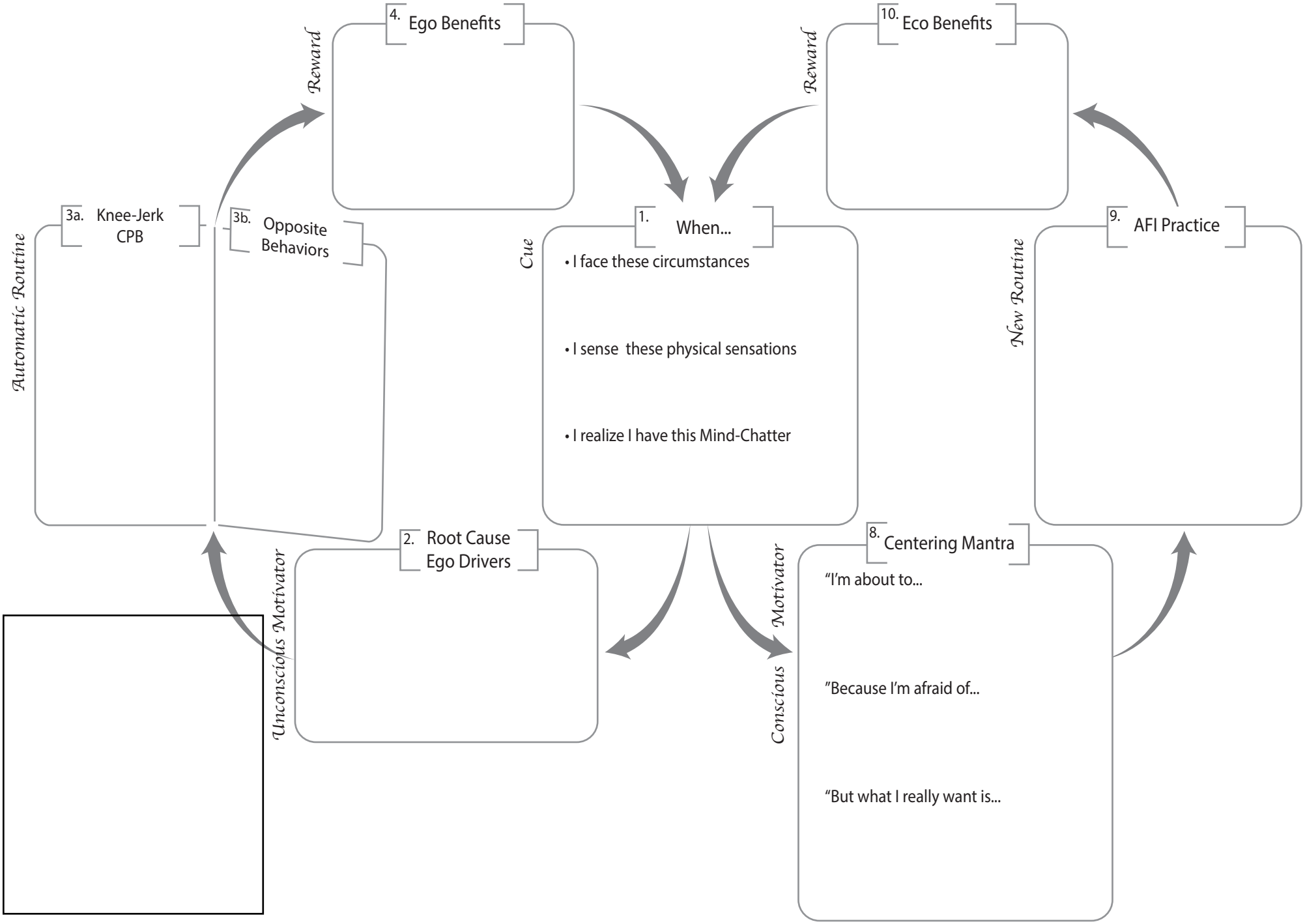
4. Ego Benefits
Reward
10. Eco Benefits
Reward
3a. Knee-Jerk CPB
3b. Opposite Behaviors
Automatic Routine
1. When...
Cue
• I face these circumstances
• I sense these physical sensations
• I realize I have this Mind-Chatter
9. AFI Practice
New Routine
2. Root Cause Ego Drivers
Unconscious Motivator
8. Centering Mantra
Motivator
Conscious
"I'm about to...
"Because I'm afraid of...
"But what I really want is...