

Patterns

1a Event	2 Wants/Don't Wants	3 Fears/Anxieties	4 Knee-Jerk Reactions When I fear the Fears/ Anxieties in box 3 how do you automatically react?	5 Benefits	6a Cost to me
1b Conclusions/Emotions					6b Cost to others
1a	2	3	4	5	6a
1b					6b
1a	2	3	4	5	6a
1b					6b
7a					7b