# AFI SHIFTER

**Title:** _____

7.

11.

13. a.

b.

4.

*Reward*

10.

*Reward*

3a.

*Automatic Routine*

3b.

1.

*Cue*

- I face these circumstances
- I sense these physical sensations
- I realize I have this Mind-Chatter

9.

*New Routine*

12. a.

b.

c.

2.

*Unconscious Motivator*

8.

*Conscious Motivator*

"I'm about to...

"Because I'm afraid of...

"But what I really want is...

*Disrupt!*

5.

6.

Name:
Date:

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