

Reactions Exit Strategies - "After"

0. My New Pattern. Describe how you will respond to similar situations in ways that will enhance your life.

1. Describe your transformed, enhanced and predominant mental/ emotional states.

2. Triggers. How will you reduce and eliminate triggers? How will you approach those that remain?

3. Emotions. Know the source and solutions of your top 2 emotions. How will you achieve their purpose?

4. Thoughts. List truer and more useful thoughts that you will call upon when challenged.

5. Conscious Responses. Pre-plan your choices, meditatively imagine, and then practice behavior you admire.

6. Consequences. Envision the positive results and long-term outcomes for you & others.

7. Memories. Notice and record your "wins", build and enjoy memories of your new way of being.

8. Your New Story. Tell your "hero's journey", what you learned and have done in response to life's challenges.

9. Needs Fulfillment. Name your key needs and how you will be getting plenty in the years to come.

10. Better Beliefs. What are the truer truths about yourself and the world that will better run the show for you?