



BREAKING THE PATTERN

Assigning Pain and Pleasure to Behaviour

The Assignment of Pain for Conditioned Behaviour

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|-----------------------------|----------------------------|--------------------------------------|---------------------------------------|--|
| <p>Current Circumstance</p> | <p>Behaviour Triggered</p> | <p>Physical Outcome of Behaviour</p> | <p>Emotional Outcome of Behaviour</p> | <p>Behaviour Result</p> <p>PAIN</p> |
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The Assignment of Pleasure for Chosen Behaviour

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| <p>Current Circumstance</p> | <p>Chosen Behaviour</p> | <p>Physical Outcome of Behaviour</p> | <p>Emotional Outcome of Behaviour</p> | <p>Behaviour Result</p> <p>PLEASURE</p> |
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TAKE CONTROL ... Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!