BREAKING THE PATTERN



Assigning Pain and Pleasure to Behaviour

The Assignment of Pain for Conditioned Behaviour

Current Circumstance	Behaviour Triggered	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result
The Assignment of Pleasure for Cho Current Circumstance	osen Behaviour Chosen Behaviour	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	PAIN Behaviour Result
				PLEASURE

TAKE CONTROL ... Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!



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