BREAKING THE PATTERN

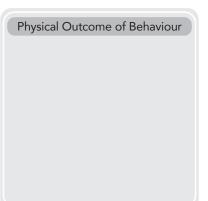## Assigning Pain and Pleasure to Behaviour

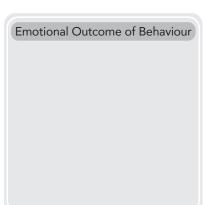**BE UNSTOPPABLE**
C O A C H I N G

The Assignment of Pain for Conditioned Behaviour

Current Circumstance	Behaviour Triggered	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result
				PAIN

The Assignment of Pleasure for Chosen Behaviour

Current Circumstance	Chosen Behaviour	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result
				PLEASURE

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