

Mindfulness Series

Behavior Change 201

Thoughts. Feelings & Actions Loop

Thoughts - Feelings - Actions - Results - Beliefs

What feelings do you create with your thoughts?

How do you compound those feelings?

How can you use mindfulness to short circuit the loop?



Mindset obstacles

- All or Nothing Thinking
- Perfectionism
- Comparing & Contrasting
- Lack of Worthiness
- Victimhood

Which ones do you want to be more mindful about?

Stages of Change

Pre-Contemplation - Contemplation - Preparation - Action - Maintenance - Relapse

Mindfully choose your stage of change after relapse.

How can you remind yourself of this?

Transtheoretical Model: Stages of Change



Spectrum of Behavior Change

- Percentage of Success
- Knee Jerk Reactions
- Self-Forgiveness & Self-Compassion

If you focused on one of these areas, which one would it be?

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