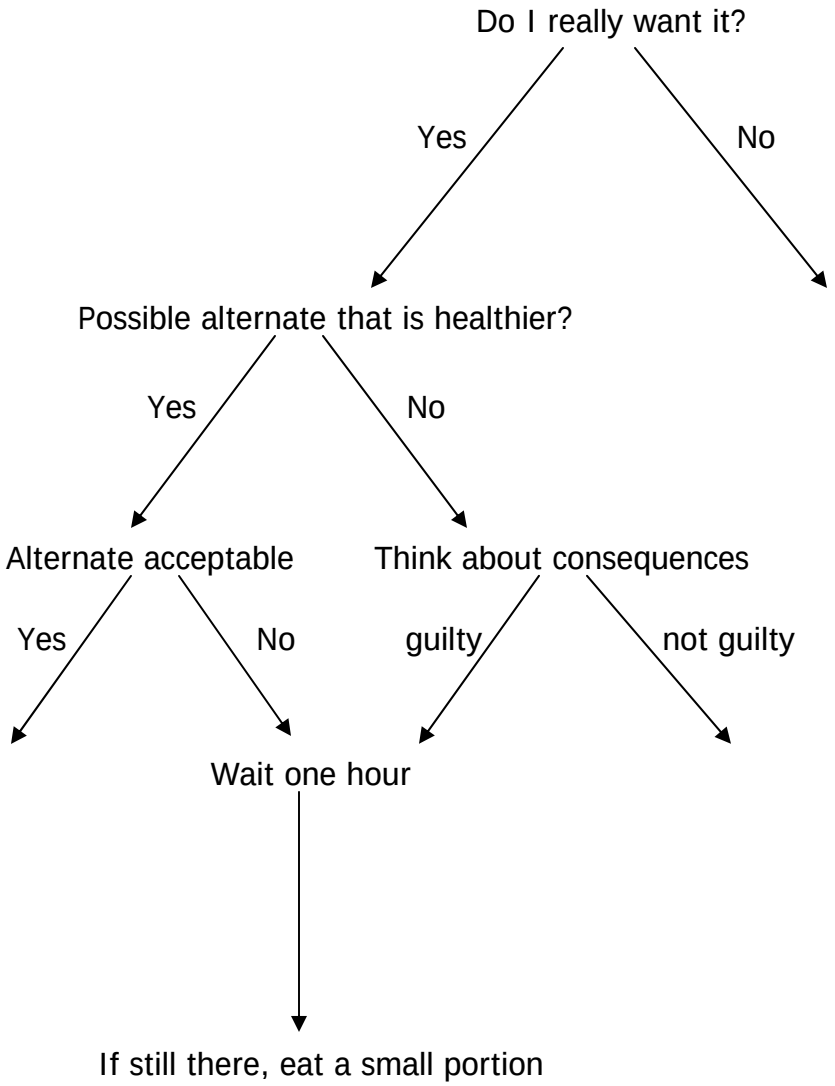
Conditioned Response



Changing Conditioned Reponses

1. Be aware, observe self, visualize behaviors, list triggers
2. Eliminate temptations – avoid danger zones
3. Recognize and disarm defensive behaviors
4. Action plan for the situation
5. Consider alternatives
6. Consider consequences
7. Repeat behaviors until new behavior is the desired response
8. Turn obstacles into opportunities