

EC: I Get from Here to There by First Recognizing Here and There

RECOGNIZE: self-defeating pattern or the magical “it” I blame.		REPLACE: with functional pattern— MY GOAL!	
Describe problem pattern:		Describe solution pattern:	
MODALITY	PROBLEM PATTERN	MODALITY	SOLUTION PATTERN
How I feel it? One-word feelings: guilt, shame, anxiety, depressed, hurt, pride, anger.		How I feel it? One-word feelings: happy, content, confident, safe, secure, peace.	
How I see it? How I visualize it in my mind: my pictures and images.		How I see it? How I visualize it in my mind: my pictures and images.	
How I hear it? What I think verbally in my mind. What I tell myself about it: self-talk.		How I hear it? What I think verbally in my mind. What I tell myself about it: self-talk.	
How I do it? How I reacted to it then and how I react to it now. How did I try to control it?		How I do it? How I will effectively respond to it: my proactive and productive behaviors.	
How my body feels it? Physical symptoms of distress: aches, pains, stiff, tightness.		How my body feels it? Physical symptoms of ease: calm, relaxed, rested, awake, aware.	