

RESOLUTION PHASE
Action-Able Exercise R2:
Explore your resolution challenge

Consider the potential resolution you identified in Exercise R1 in terms of the Habit Pathway to clarify the dynamic of your challenge. Which dynamic does your potential resolution target?

Circle your answers:

- My potential resolution involves an absent-minded, obsessive and/or avoidant dynamic.
- The intensity of my resolution challenge is mild, moderate or intense.

Describe the dynamics of your habit challenge.
