

SUSTAINED ACTION PHASE

Action-Able Exercise SA3:

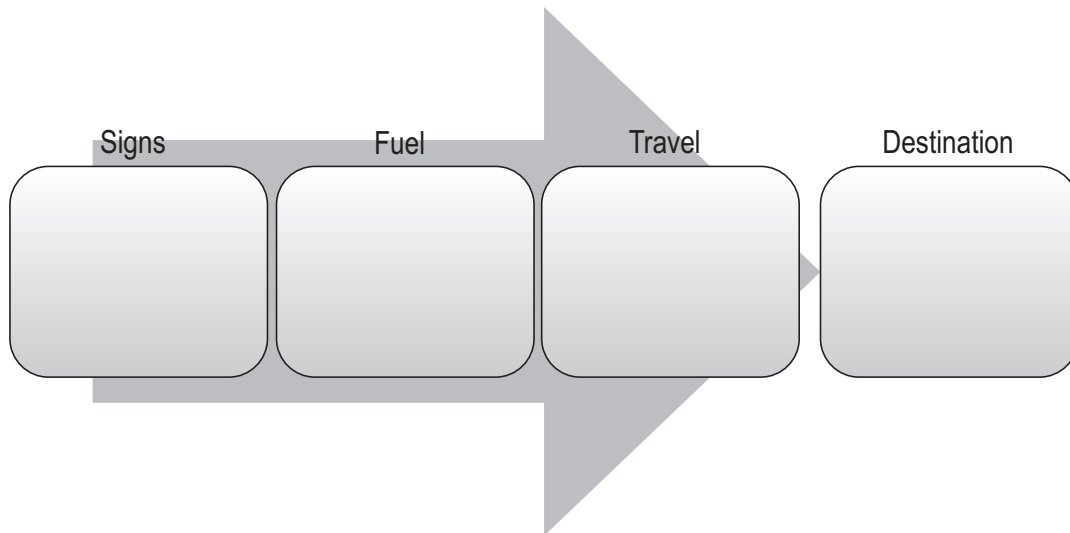
Your Reward Dilemma Map

Map out your diverging Habit Pathways by filling in the boxes below.

First, start with your Detour Habit Pathway: the absent-minded, obsessive or avoidant habit you want to change. In the Travel box, write down the unwanted action. Then, in the Destination box, note all of the pleasant and relief rewards that draw you back to this old habit.

Next, identify what emotions Fuel you, propelling you toward the detour behavior. These are the uncomfortable feelings that set up a relief reward or the enticing feelings from pleasant rewards. Finally, figure out what Signs point you to the unwanted action and write them in the first box.

Your Detour Habit Pathway



Next, map out the details of your Resolution Habit Pathway.

First, fill in the Travel box: What is the new habit you're working on? In the Destination box, write in all of the pleasant and relief rewards you can think of for your resolution action. Include physical, social, sensory and emotional rewards. Now back it up and identify the Fuel. What are the emotions of longing, anticipation, excitement and hope that energize you to take your habit action (Travel) to get these rewards?

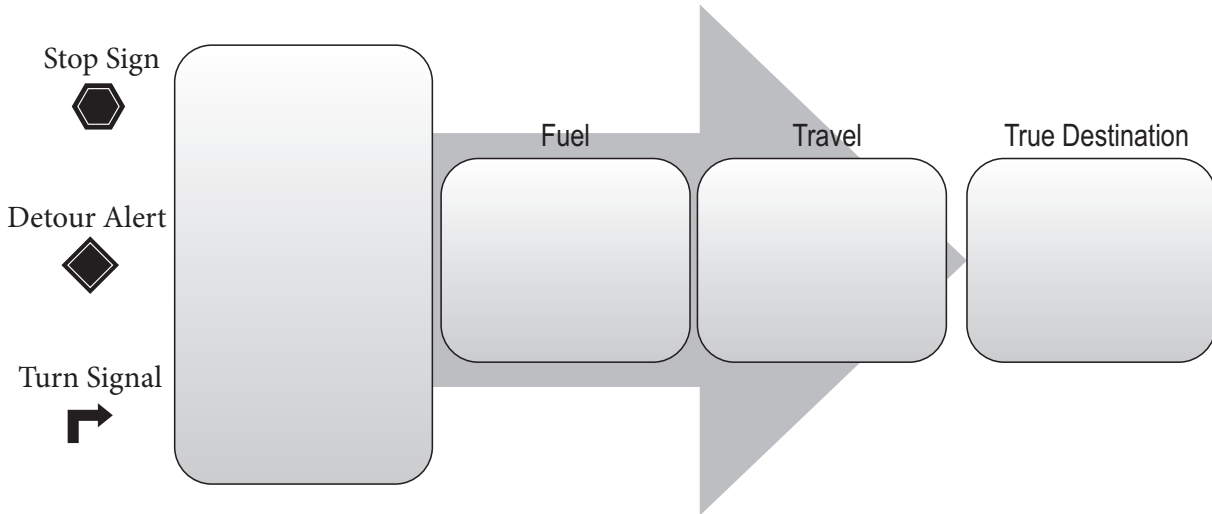
Now let's figure out your Signs. The Stop Sign is easy because it's the same as the Sign you identified above at the start of your Detour Habit Pathway.

Next, consider your Detour Alert: What are the negative outcomes of your detour habit? The final step is to figure out your Turn Signal. In addition to an exhalation, what cues will prompt you to turn here and Travel to your True Destination? These three Signs remind you to pause and turn at the intersection and Fuel you to skip the detour and Travel to your True Destination.

from Chapter 14, *From Hope to Habit* by Margit Cox Henderson, Ph.D.

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Action-Able Exercise SA3:
Your Reward Dilemma Map

Your Resolution Habit Pathway



Consider these maps a work in progress. Update them as you gain new insights.