

PREPARATION PHASE

Action-Able Exercise P13:

Assess your internal social environment

Now that you can see your cast of inner characters, rate their levels of support for you at the start of your change journey.

The KInD Coach, Manager and Future Self are, by definition, positive. Rate the strength of their encouragement by assigning a number from +1 (slightly supportive) to +10 (enthusiastically supportive). For example, if you feel inspired by your vision of a better life once your new behavior is well established, then your Future Self is fairly strong, maybe a +8. However, the development of your KInD Coach might not be as strong yet since it's a newer concept, so its rating might be a +4.

Rate the support of each positive part below:

KInD Coach: _____ Manager: _____ Future Self: _____

The Inner Critic, Tempted Self and Saboteur are, by definition, negative. Rate the power of their disruption by assigning a number from -1 (slightly unsupportive) to -10 (totally unsupportive). For example, if you were raised by harsh parents or suffer from depression, your Inner Critic might be especially strong, maybe a -9. If you're dealing with redirecting an obsessive behavior, your Tempted Self is probably strong, maybe a -7.

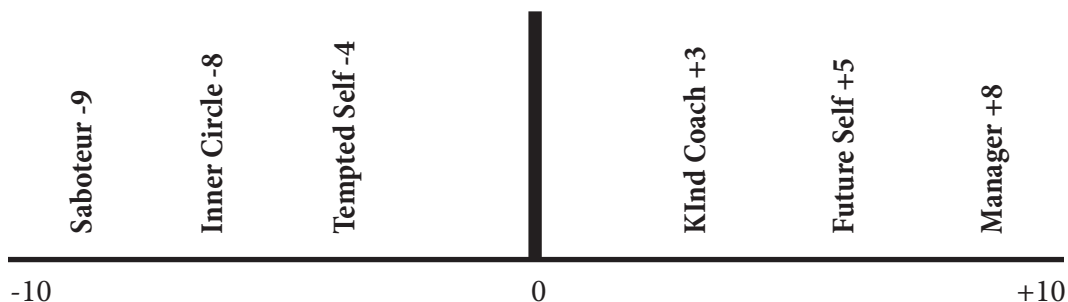
Rate each part below:

Inner Critic: _____ Tempted Self: _____ Saboteur: _____

Next, scale your inner parts by placing the names of your inner cast of characters on this continuum to see your current internal social environment more clearly. Use a pencil so you can move parts around as their support levels change in the future.

Note the boundary on this graph at zero. Unlike the people in our life, inner parts are not neutral. They are either positive or negative and cannot cross over.

For example, your internal support graph might look like this:



from Chapter 9, *From Hope to Habit* by Margit Cox Henderson, Ph.D.

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Draw your internal support graph below.

