

New Behavior Generator

Use this tool when:

- You want to change what you tend to do in a specific situation
- You want to do something differently than you have been doing it
- You want to add a new behavior that you've never done before, but that could be useful

Step 1: The Set-Up

- What is the change you want to make?
- Describe the situation in which that change will occur.
- What is the stimulus?
- What would you like the change to look like? Sound like? Feel like?
(You don't necessarily have to know the specific new behavior at this point—this description can be general)

Step 2: Create the High-Focus Internal State



- Picture the change situation off in the distance.
- Put yourself into that movie, acting as you usually do.
- Observe yourself in the situation UP TO the moment where the stimulus occurs (not beyond that point).
- Break your focused state and come back to the present.
- Then start the movie again and watch just up to the stimulus moment a second time.

Step 3: Design a New Experience

There are three methods to choose from (or combine):

1. Remind yourself of your many successes and resources. Think of times in the past when you've been successful in a similar situation. What did you do then? Is the context in which this situation occurs similar to another context where you are successful? What do you do that makes you successful there?
2. Think of someone else who already does what you'd like to be doing. What do they do? How do they do it?
3. Make it up! If you have an idea of something that would work, what would that look like? Let your imagination loose on the situation.

What is the specific behavior you think will work best?

Step 4: Try It Out—In Complete Safety

- Take yourself back into your high-focus internal state and observe the situation.
- As you observe yourself at the moment where the stimulus occurs, see yourself doing the new behavior you've selected.
- Keep observing: what happens? How does it look? Sound? Feel?
- What would make the experience even better?
- Observe yourself at least three times doing the new behavior perfectly.
- Now, "step in" to the scene and try on the new behavior.
- See what you would see in the situation.
- Hear the sounds.
- Feel what you would be touching in that context.
- Feel what the experience feels like inside.
- "Practice" the new behavior in this way until it feels natural, like you've already done it several times in reality. Typically, you'll want to practice at least three times.

Step 5: Lock It In

- When are the next 3 times you will have an opportunity to use your new behavior?
- Be specific: when, where, details of the situation.
- Observe yourself doing your new behavior perfectly in each of the situations.
- Then, step into it and try it on.
- How does that work?
- Is there anything you could do that would make it even better?
- If so, make the change, observe, and try it on.

The Value of Practice

The more often you practice designing new experiences and new behaviors for yourself, the more behavioral flexibility you will have.

The more flexibility you have, the more likely you are to meet the goals you set for yourself.

