

SESSION 6 – MAINTENANCE: FILLING THE GAPS

Ok, if you are really following the program, you should've been doing your 'new' behavior for quite a while now: the purpose of the maintenance phase is to consolidate any gains made and fill any gaps or holes left from "throwing out bad behaviors".

At this point your new behaviors should really be part of your everyday life, but the only thing that's possibly there is a slight yearning to the good ol' days, you kinda miss the things you had to give up to become super-productive/slim/efficient/self-disciplined/whatever-your-new-habit is.

By all means, read through this material, listen to the recording, but really only start this work when you are truly ready. The science once again shows overwhelmingly: jump the gun prematurely and you'll be punished straight away.

And if you've come this far, why waste all that effort just because you can almost taste the sweet success waiting for you in just a short while? Hopefully, that "New Year's Resolution" mindset is now a thing of the past, right?

So, let's have a look what's in store:

Module Overview

Why?	<p>Unexpected complications (STRESS) and social environment are responsible for close to 100% of all relapses.</p> <p>That's why it's so important to develop your defensive mechanisms, stress-busting and disaster-prevention methods before you've forgotten how much work it was to kick the old habit in the first place.</p>
What?	<p>You'll discover 3 areas:</p> <ol style="list-style-type: none"> 1. Relapse 2. Replacement Therapy (where you replace an old habit with a new one) 3. Accountability (from external to internal)
How?	<p>Interestingly, we're coming full circle here and we're back to introspection, i.e. processes that observe, get you thinking. The focus is less on 'doing'.</p> <p>You'll discover a series of exercises, plus some guidance on further journaling.</p>
Expect To Get	A deeper understanding how your mind is fooling you and telling you it's ok to engage in your old behavior just one more time.
Expect To Deliver	Continued journaling plus a (re)visit of the "Theme & Cost" exercise from the Precontemplation module.

Meaning Of Maintenance

S_____ done “something”

Comfortable in P_____, but not I_____

NOT Maintenance like a B_____

MAINTAIN C_____

MAINTAIN Use Of C_____ P_____

(the last one is super-important: you’re learning a new skill!)

Big Lessons From Research

Here are the main reasons why people fail or relapse:

B_____ : steak is good, but only so much

S_____ M_____ : forgot the pain of changing

Continue to use W_____, not getting to HABIT!

Fail to use B_____ Processes

1. helping relationships
2. continue to use alternatives
3. managing environment
4. use rewards

Only _____% Terminate first time round

T_____ & E_____ is inefficient

C_____ more than thought: emotionally, physically, spiritually & f_____

Wrong P_____ at wrong time

Substituting wrong B_____ (eating instead of smoking)

Relapse

D_____ and S_____ E_____

account for nearly all relapses!

Exercise #1: Learn From Setbacks

Define 3 strategies to stay on track:

	Behavior:
1	
2	
3	

What can you learn from these setbacks when you look back at the preparation phase?

Exercise #2 Learn From Setbacks

<p>Temporary slip? What happened in build-up?</p>	
<p>learn what *specifically* went wrong</p>	
<p>maintain image of who you want to be. How does new self think about this?</p>	
<p>detach self-worth from setbacks. What was on the line here? Other explanations than you==failure?</p>	
<p>Not doing the exercises to get new habit... WHY are you doing this? What's the ultimate outcome?</p>	
<p>celebrate successes – you've moved forward, that's a success: ONLY action</p>	

Exercise #3 Introspection

Identified major cause of relapse?	
Specific, action-oriented countering process?	
Informed how cycle of change relates to YOUR problem?	
Does a lapse lead YOU to a relapse?	
Is change a top priority for next 6 months?	
Can you put newfound learnings into action?	
Are you prepared for complications/multiple changes?	

Ready for renewed action?

Replacement Therapy

Biggest Problem is O_____ -C_____! (I can handle it!)

(and deep down You Still W_____ I_____!) (most likely)

The E_____ plays the biggest role in D_____ T_____!

Q: What's your Environmental Control like?

Exercise #4 Replacement Therapy

Big Assumption: True or False? In which specific situations? How generally ?	Emotion underlying it all. Why does HAAMS not want you to look there?	Theme

Accountability

Begins with c_____ S_____!

Why? _____!

Can you accept R_____ and take C_____?

If not, why not?

External Accountability

Your three helpers start to take on new roles.

What specifically are they doing differently?

Internal Accountability

Continue J_____ing:

1. R_____ Your Own E_____
2. D_____ in C_____ P_____
3. Take R_____ and C_____ for a change
4. Celebrate P_____ (not just achievement)

Wrapup & Meta-Analysis

Are you using the staged approach? Use the system on itself!

What are the pros and cons of using this approach?

Pros

Cons

Self-Efficacy

Where easy/difficult to use staged approach?

What do you do to stay on track?

Consciousness raising

Go through the material and learn the processes

Dramatic Relief

Get excited about using a new approach

Environmental Reevaluation

What are the benefits to yourself? Your environment? Your clients?

Self-Reevaluation

See Yourself as someone using advanced techniques to change to meet your needs, someone who takes ACTION! (finally, you've got the tools to make MASSIVE ACTION a reality!)

Social Liberation:

See how environment changes to support using stages of change

Self-liberation

Tell others about your commitment

Helping Relationships

Find others who are succeeding/working with it, discuss results

Environmental Control

Keep Information At Your Fingertips

Counter Conditioning

Silence the inner critic, celebrate success

Reinforcement Management

Feel good about using a staged approach, notice benefits, accept praise

Exercise #5: What IF...

If weren't stuck in limited mindset, what would you do instead?

What if you had permission to unleash your inner genius?

If had guarantee that couldn't fail?

If knew you'd always be at peace

Learnings From This Module

What have you learned?

What have you RE-learned (but never took action on)

What are you going to do **specifically** as a next step?

Now EASY! Can get this started in a few minutes

This will become a habit (if you want to)

Continue to increase awareness

Next stage: awareness of emotions

Next stage: Acceptance

Tackle Underlying Reasons: Out 1-by-1

Pass on to others

Good luck with all your ventures in the future

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