

Preventing Relapses: 5 Levels of Change

"Those who fail to learn from history are condemned to repeat it."

~Winston Churchill paraphrasing George Santayana (philosopher, essayist, poet, and novelist)

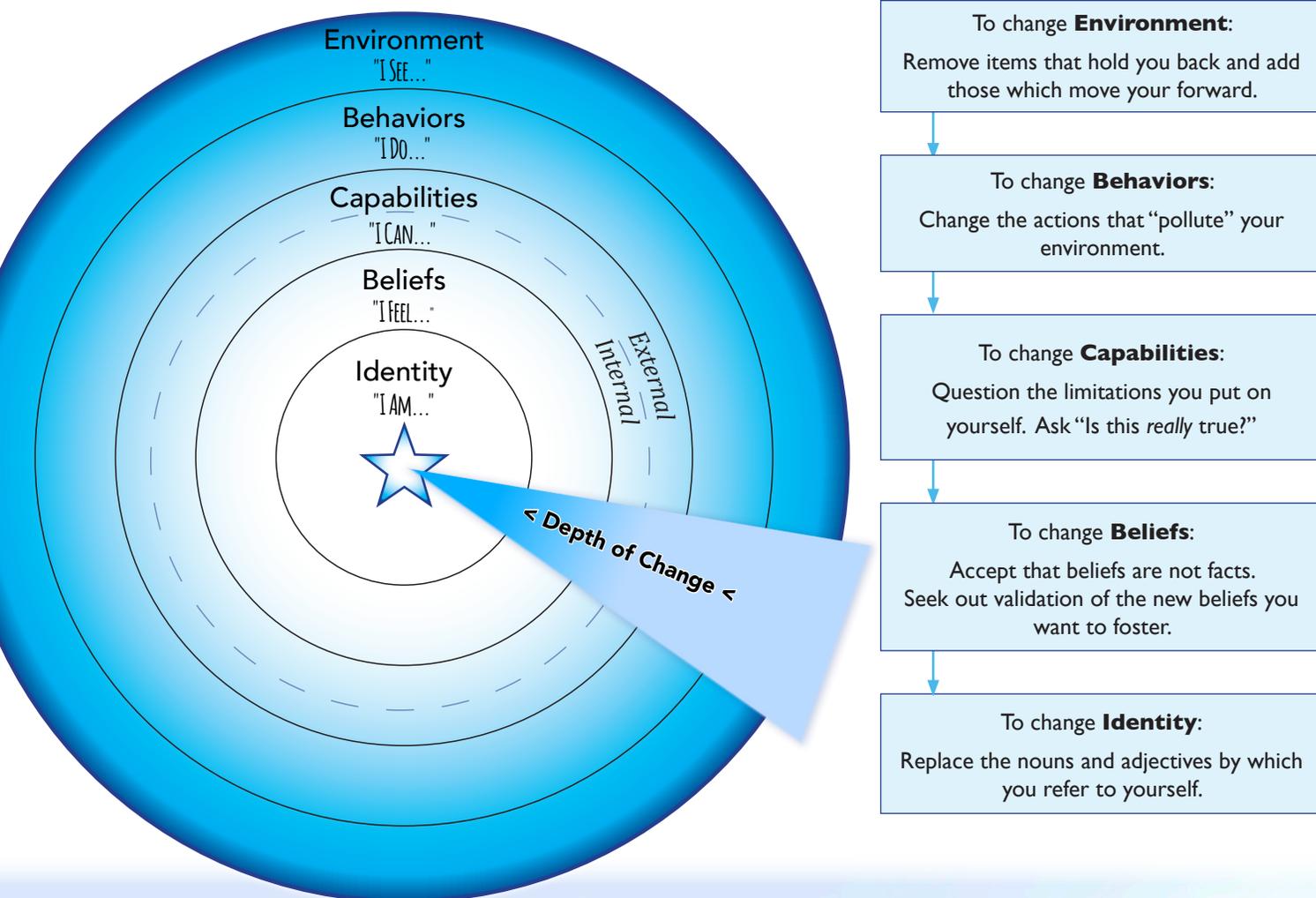
Recidivism: a tendency to relapse into a previous condition or mode of behavior.

We've all been there. We've worked so hard to lose weight, set up a new exercise regimen, change our attitude; you name it. Then - BAM! - we find ourselves reverting to old behaviors and undoing what we worked so hard and so long to do.

Why do we do that?

The answer is that we only looked at the "external" components of our habit; i.e. the symptoms. In order to change long-term, we need to understand that, similar to an iceberg, most of our habit cannot be seen, it's working below the surface, "internally."

For long-term change to last, we cannot simply change our environment and our behaviors, but we must understand, and then adjust what we can or cannot do, how we feel, and even who we say we are.



The above graphic identifies the five levels of change, going from external to the very interior of who we are: Identity.

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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