

<b>Method</b>	<b>How to do it ...</b>	<b>Appeal</b>
Alter/omit external stimuli that supports undesired behaviour/ thought	Identify all environments, people, objects, substances that provoke or suggest undesired behaviour/thought. Reduce/omit exposure to them.	1 2 3 4 5
Develop external stimuli that supports desired behaviour/ thought	Identify all environments, people, objects, substances that provoke or suggest desired behaviour/thought. Ensure/increase exposure to them.	1 2 3 4 5
Model desired behaviour/ thought	Identify role model strongly associated with desired behaviour/thought or identify aspect of self that has demonstrated desirable ability in other times/under other conditions. Act "as if" this is now you until behaviour/thought naturalised.	1 2 3 4 5
Source expert instruction in new behaviour/ thought	Identify someone willing and able to deliver instruction in the desired behaviour/thought and agree upon system of learning and evaluation.	1 2 3 4 5
Utilise prior knowledge/skill more fully	Establish system to ensure prior knowledge/skill is utilised more often and/or more frequently.	1 2 3 4 5
Positively address potential challenges to progress	Identify possible barriers to success and create strategies (to include ensuring provision of appropriate skills/ resources) that will ensure barriers are overcome. Implement strategy.	1 2 3 4 5
Select SMART goals and plan for success.	Create goals that are specific, measurable, achievable, realistic and timed. Implement plan.	1 2 3 4 5
Address foundation human needs first	Identify/address unmet human needs that are limiting ability to achieve success.	1 2 3 4 5
Eliminate tolerations overall	Identify elements of life that drain energy and devise strategy to eliminate these. Implement strategy.	1 2 3 4 5
Get accountable to another	Identify another person or people with whom you agree upon tasks. Establish and undertake accountability process.	1 2 3 4 5
Disrupt unwanted behaviour/thought	Select disruptive behaviour/thought that you implement upon unwanted behaviour/thought arising. Repeat until change achieved.	1 2 3 4 5
Schedule positive behaviour/thought	Schedule repetition of behaviour/thought that you wish to integrate and repeat until naturalised.	1 2 3 4 5
Substitute unwanted behaviour with wanted behaviour	Select behaviour/thought that you will replace unwanted behaviour/thought with as it arises. Repeat until new behaviour/thought adopted.	1 2 3 4 5
Engage in negative practice	Overload body/mind with exposure to unwanted behaviour/thought. Repeat until unbearable.	1 2 3 4 5
Develop stronger inner resources overall	Identify and adopt self-affirming behaviours/ thoughts. Repeat until they are naturalised.	1 2 3 4 5
Create and use positive reinforcement system	Select and ensure access to rewards following desired behaviour/ thoughts. Implement self-reward system.	1 2 3 4 5
Create and use negative reinforcement system	Select and ensure punishments carried out following unwanted behaviour/ thoughts. Implement punitive system.	1 2 3 4 5
Source/ create aversive emotional associations	Select and ensure integration of negative emotional associations with unwanted behaviours/ thoughts.	1 2 3 4 5
Source/create positive emotional associations	Select and ensure integration of positive emotional associations with desired behaviours/ thoughts.	1 2 3 4 5
Strengthen motivation	Create positively compelling future and/or recall compelling reasons to change.	1 2 3 4 5

Note: Many of these techniques are best utilised when you work with an appropriate change oriented professional (e.g. a therapist, coach or personal effectiveness facilitator).