



Change Academy Lab Notes

TOPIC: Stop coping so well

EPISODE #45

NOTES/TAKEAWAYS:

EXPERIMENT:

1. What problem am I trying to fix with this behavior?
2. Does this behavior actually fix the problem? (Sometimes the answer is yes!...at least for a little while)
3. Does the behavior cause a new problem?
4. How else might I find relief or solve this problem, so that I don't need this "coping mechanism"?

OBSERVATIONS:

FURTHER EXPERIMENTS: