

# Phase 1: Awareness and Emotional Insight

## Objectives:

- Build awareness of unconscious biases, automatic responses, and core emotional drivers.
- Recognize emotions as they arise and acknowledge their influence on behaviors.

## Techniques:

### 1. Psychoanalytic Exploration

- Use free association and reflective questioning to uncover underlying emotions and recurring themes in behavior.
- Encourage clients to verbalize their emotions in a safe, non-judgmental setting, making the unconscious conscious.

### 2. Emotional Labeling

- Guide clients in identifying and labeling emotions, a practice shown to reduce emotional reactivity and increase self-control.
- Introduce journaling or voice-recording techniques for real-time emotional identification.

### 3. Mindful Breathing and Grounding

- Teach mindful breathing exercises to center clients when emotions surge, creating a buffer for emotional response.

# Phase 2: Reframing and Behavior Selection

## Objectives:

- Enable clients to create a mental space between emotions and actions, giving them the opportunity to choose alternative responses.
- Facilitate the shift from automatic to intentional, goal-oriented behaviors.

## Techniques:

### 1. Visualization and Imagery

- Use visualization exercises to simulate situations that trigger emotional responses, allowing clients to practice new behaviors in a controlled environment.
- Incorporate goal imagery to mentally “rehearse” achieving the new behavior patterns they want to reinforce.

### 2. Cognitive Reframing

- Work with clients to reframe limiting beliefs or self-sabotaging thoughts, integrating neuroscience-based insights on thought flexibility and cognitive restructuring.
- Encourage the use of positive affirmations to counteract the mental scripts associated with old habits.

### 3. Breathwork for Behavioral Pause

- Teach breathwork practices specifically designed to interrupt emotional escalation and allow a behavioral pause before reacting.

# Phase 3: Action, Reinforcement, and Habit Formation

## Objectives:

- Strengthen new behaviors through practice, refining neural circuitry to make these responses the default.
- Set clear, achievable goals to create lasting habits and foster a sense of accomplishment.

## Techniques:

### 1. Accomplishment Setting

- Guide clients in setting small, incremental goals that build on each other, reinforcing the new behavioral pathways.
- Track and celebrate milestones to enhance motivation and positive reinforcement.

### 2. Consistent Practice and Accountability

- Encourage clients to establish daily routines or “anchors” to practice their new habits, such as a visualization session each morning or a breathing exercise before challenging interactions.
- Set up regular check-ins for accountability, reflection, and fine-tuning.

### 3. Neuroscience-Informed Habit-Building

- Educate clients on how the brain forms new habits and how neuroplasticity can be harnessed through repetition and emotional investment.
- Integrate psychoanalytic reflection to reinforce why the new habits align with deeper values and personal growth.