The A to B Problem

Instructions:

1. Identify your “A” or starting point, this is your current state in the given moment you decide to run this exercise (I am on the couch, or at home, or in bed, or sitting at work, or not talking, etc).
2. Identify your “B” or goal/target, this is a behavior or activity (calling a friend, reading a book, going outside, doing that big project for work, etc)
3. Be creative with all the pathways you could take (all the behaviors that would effectively close the distance between A and B in some form, fashion, or amount).
4. Notice and write down the language you start to wrap around each potential pathway
   1. How does it serve you or hinder you in the given context?
   2. Can you see yourself as having such thoughts, but not being defined by or shackled to, such thoughts (I can have the thought AND not act on it or follow it)

A

B