

My Breaking-the-Links Plan Table

Vulnerability cloud			
What was in it?		What could I do to reduce my vulnerability? (actions)	My reducing vulnerability plan
Behaviour chain			
Type of link	Links in my chain	What could I do to break this link? (actions)	My breaking-the-links plan
Trigger event			
Thought Feeling Behaviour Body sensation			

Breaking the Links in My Chain

Behaviour chain			
Type of link	Links in my chain	What could I do to break this link? (actions)	My breaking-the-links plan
Thought Feeling Behaviour Body sensation			
Thought Feeling Behaviour Body sensation			
Thought Feeling Behaviour Body sensation			
Thought Feeling Behaviour Body sensation			

Get Your Life Back

Behaviour chain			
Type of link	Links in my chain	What could I do to break this link? (actions)	My breaking-the-links plan
Thought Feeling Behaviour Body sensation			
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