IMMUNITY MAP CHEAT SHEET

1. COMMITMENT (IMPROVEMENT GOAL)	2. DOING/NOT DOING (VS #1)	3. COMPETING COMMITMENTS	4. BIG ASSUMPTIONS
If you could get better at one thing that would make the most difference to your effectiveness or happiness, what would it be? **I am committed to getting better at…**	What are you currently doing and not doing that gets in the way of your column 1 commitment? **Here is what I'm doing:** **Here is what I'm not doing:**	Imagine doing the opposite of your column 2 behaviors. What fears or worries come up for you? Drawing on the idea that you may have a commitment to keep yourself from feeling that fear, turn your fear into a "commitment statement." **I am also committed to…**	What assumptions must you be making that show how your column 3 entries make perfectly good sense? Or, complete an "if, then": "If (opposite of col. 3), then….?" **I assume that…**
Column Criteria: •True for you •Implicates you •Stated affirmatively •Not an outcome •Room for improvement •Important to you (4 or 5)	Column Criteria: •Behaviors (not emotions or ways of being) •Get in the way of or work against col. 1 commitment •Do not add explanations or new plans to fix them	Column Criteria: •Preserves the danger from the worry box •Commitment to **self**-protection, NOT noble •Shows why column 2 behaviors make good sense •In tension with column 1 •Shows the immune system and feels powerful (4 or 5)	Column Criteria: •Makes avoiding the dread in column 3 commitment necessary •Connects back to fear, takes fear deeper •Has a bad conclusion **for you** •Displays a limited world •Feels powerful (4 or 5)

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