

Attitude Creates Behavior:

Step-by-Step Guide for the Systemische KartenSet ®

A further development of the Zurich Resource Model. For Individual and Group Settings.

1. What challenge would you like to address today?

2. What have you tried so far to change this challenge? If you tried various things, then you could fill each solution in a bullet point each. If not, then leave the other bullet points empty.

- To what extent did this make a difference (1-10)?

1 - not at all 10 - very much
|-----|

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3. Evaluate the previous solutions: Which made the biggest or smallest difference? Why?

4. What bothers you the most about your chosen challenge? What thoughts or behaviors are typical for this? What do you then procrastinate or avoid doing in that moment?

5. Choose an image card that speaks to you emotionally.

6. Describe the image card.

- What associations come to mind?
- Memories. Ideas. Hopes.
- Emotions. Melodies. Smells. Body posture.

7. Select the strongest, only positive associations and create a phrase that accurately describes the image.

8. We humans never do anything to harm ourselves. It can be the frequency, duration, intensity, or context that limits the desired experience.

- What is the obstructive behavior useful for in certain situations?

- What positive and negative impacts does this behavior have on your life or the lives of those around you if it continues as is, or if it becomes less/more frequent?

- Note specific situations where the seemingly obstructive behavior is helpful and where it is less so, along with the respective outcomes.

9. Think of a situation in which you have already experienced the desired state. This could have been a very brief moment or in a completely different context. If nothing comes to mind immediately, think even smaller.

- Describe this situation as detailed as the obstructive one (including thoughts, emotions, and physical sensations).

- Try to immerse yourself in that mood.

10. Choose an image card that speaks to you emotionally.

11. Describe the image card.

- What associations come to mind?
- Memories. Ideas. Hopes.
- Emotions. Melodies. Smells. Body posture.

12. Find a phrase that accurately describes the image.

13. Now consciously practice the transition between the obstructive and the goal-oriented.

A brief **background**: This method leverages neuroplasticity, which allows our brains to establish new habits and patterns. Through regular "dry training," the desired behavior becomes the new habit, while the obstructive behavior gradually fades away.

- Consciously activate the obstructive mood and look at the selected obstructive image card. Pay attention to your body posture, facial expressions, and breathing.
- Then switch to the goal-oriented mood. Link the goal-oriented mood with the new image card.
- Repeat the transition several times in "dry training" to solidify the new behavior.
- Feel free to laugh if it comes to you. This can even support the change of the pattern.

14. Integrate the new behavior into daily life.

Reminders:

- Take the two image cards and place them in a location you pass regularly to remind yourself whether you are currently in an obstructive or goal-oriented mood.
- Body posture that reminds you.
- Melodies. Phrases. Smells.

What are challenging to simple situations where you want to consciously apply the goal-oriented behavior?

- Very challenging situations

- Challenging situations

- Relatively simple situations

15. Keep a success journal for 3 weeks and note your successes, from big to small.

Wishing you success on your path to change!