

Immunity MAP

1. IMPROVEMENT GOAL	2. DOING / NOT DOING (VS #1)	3. COMPETING COMMITMENT	4. BIG ASSUMPTIONS
<ul style="list-style-type: none"> • True for you and Important to you • Implies you • Room for Improvement 	<ul style="list-style-type: none"> • Behaviors (not inner states) • That work against col. 1 • Not why? Or what you should do about it. 	<ul style="list-style-type: none"> • Preserves the danger from the worry box • Commitment to self-protection, NOT noble • Shows why column 2 behaviors make sense! <div data-bbox="880 1128 1129 1610" style="border: 1px solid black; height: 215px; width: 156px; margin-top: 10px;"> <p style="font-size: 8px; margin: 0;">Worry box</p> </div>	<ul style="list-style-type: none"> • Makes avoiding the dread in column 3 necessary • Has a bad conclusion for you • Shows you a limited world