

IMMUNITY MAP

1. COMMITMENT (IMPROVEMENT GOAL)

Focusing Question: If you could get better at one thing- the One Big Thing that would make the biggest difference to you, what would it be?

2. DOING/NOT DOING (vs #1)

Focusing Question: What are you currently doing and what are you not doing that works against your column 1 goal?

3. HIDDEN COMMITMENTS

WORRY BOX

Focusing Question: If you imagine yourself doing THE OPPOSITE of each of those behaviors you listed in Column 2, what would be the scary/yucky/troubling/distressing about that?

I am also committed to....

Column Criteria

- Preserves the danger from the Worry Box
- -Commitment to self-protection (not noble)
- Shows why column 2 behaviors make good sense
- Feels like a powerful map now, across Cols. 1-3 (a 4 or 5, again on a scale of 1-5) (not necessarily "comfortable," but intriguing — to see a picture of oneself with one foot on the gas and one foot on the brake.)

4. BIG ASSUMPTIONS

Focusing Question: When you look at your map, what must you be assuming that makes your hidden commitments absolutely necessary?

If (the opposite of each hidden commitment), THEN(Big Time Bad conclusion)

Column Criteria

1. Makes column 3 commitment absolutely necessary
2. Has big time bad conclusion for you
3. Displays a limited world.
4. Feels powerful
5. Takes fear deeper.

Column Criteria

- It's true for you.
- It implicates you.
- Room for Improvement
- Not an outcome
- It's important 4 or 5 in importance

Column Criteria

- It has to be a behavior (not emotions or way of being)
- It gets in the way of and works against column 1.
- Do not add explanations or new plans to fix them.

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