**Automatic, Burning, and Common (ABCs) Behavior Two-Step Process for Change Assignment**

**Step one. identify the type of behavior you want to change:**

**Automatic Behavior**: Something you do without conscious awareness. Examples: biting your nails or interrupting people without even thinking about it.

Burning Behavior: An irresistible urge or burning desire to do something. Acting on these thoughts feels almost impossible to resist, and they are nearly automatic. Examples: the need to check email immediately upon waking or a video game addiction.

Common Behavior: Things you do repeatedly and consciously at least part of the time; these

are the most common behaviors people try to change. They are not as deep-seated as automatic or burning behaviors, and they don't cause obsession like burning behaviors. Examples: lack of motivation or making

excuses for not behaving in ways that you know would be beneficial, like going to bed early, exercising more frequently, or eating healthier.

**Step two. Identify the tools you will use to change the behavior. Please use the SCIENCE Model of Lasting Change found in your text *Stick with It…****.*(Stepladder, Community, Important, Easy, Neurohacks, Captivating, and Engrained).

First, take the list from step one and assign eighter A, B, or C behavior to each item.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Automatic | Burning | Common |
| Stepladders |  | T | S |
| Community |  | T | P |
| Important |  | T | S |
| Easy | P | P | S |
| Neurohacks | S | S | T |
| Captivating | S | S | S |
| Engrained | P | P | S |

P = Primary

S = Secondary

T = Tertiary

Primary methods will be the most important to changing the behavior while secondary will be second and tertiary will be third.

Finally, use your list and look at what is needed in the SCIENCE Model of Lasting Change to address each behavior you identified. Map out the most important change using the SCIENCE method. What are you going to do to address each method? Please choose at least 2 behaviors and address the methods of change. Create a plan on these two behaviors that produces behavioral changes.