

Recovery Process

- I still do the old behavior as my gut response, but I recognize it afterwards
- I still do the old behavior but recognize it while I'm doing- although I am unable to stop.
- I do it, recognize it while I'm doing it, and stop.
- I see that I'm about to do it. Maybe I do it and maybe I don't
- I think about doing it without doing it.
- I don't even think about doing it anymore, I just do the new behavior