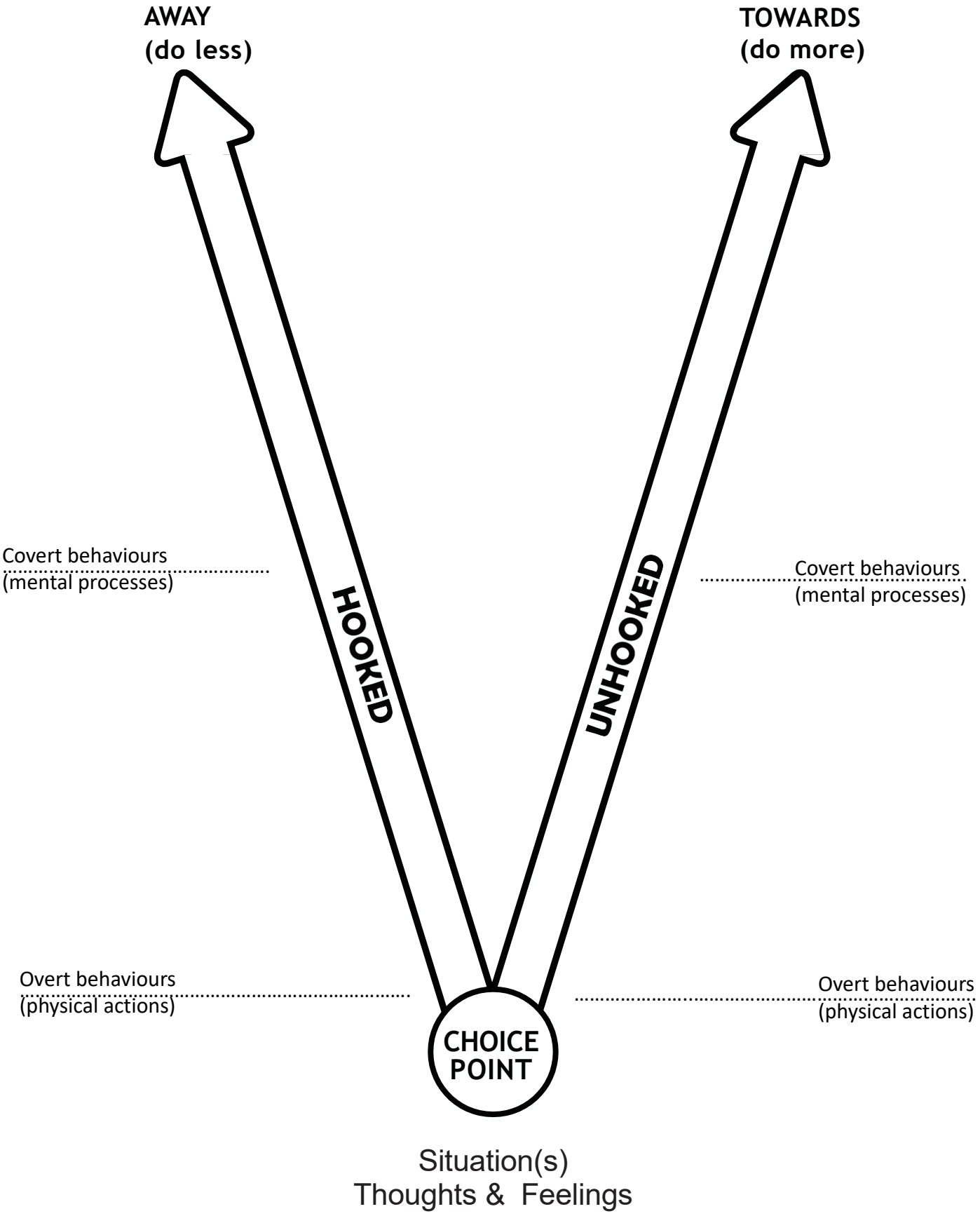
AWAY
(do less)
TOWARDS
(do more)
Covert behaviours
(mental processes)
HOOKED
UNHOOKED
Covert behaviours
(mental processes)
Overt behaviours
(physical actions)
Overt behaviours
(physical actions)
CHOICE POINT
Situation(s)
Thoughts & Feelings