

What the steps do for us

Step 1 makes us ready to stop trying things that don't work.

Step 2 makes us believe there is a solution we haven't yet found.

Step 3 starts a process of trial and error that avoids fixating on a preconceived solution.

Step 4 breaks the task into subtasks.

Step 5 brings outside perspective to issues we are not seeing clearly.

Step 6 collects subtasks into attainable goals.

Step 7 applies trial and error to each goal.

Step 8 starts the process of consolidating the gains we've made by achieving each goal.

Step 9 exercises new behavior and makes allies out of people who might have triggered old behavior.

Step 10 integrates the methods learned in step 7 into daily life.

Step 11 generalizes the thinking behind new solutions.

Step 12 applies new thinking to other areas of our lives besides the initial problem area and keeps the whole process fresh and growing.