

Kick Butt Therapy

REVERSE LEARNING CURVE

FOR CONCEPT ASSIMILATION

**Aware
High Functioning**

It is assimilated most of the time

You rarely do it anymore

You rarely slip and catch it if you do

You hardly ever do it anymore

You catch yourself doing it different

You do it different more and more

You are about to do it and you avoid it

You catch yourself doing it and change midstream

You realize you did it again

You know you are doing it but cannot stop

You don't even know you are doing it

**Unaware
Dysfunctional**

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