

REGAIN THE POWER OF CHOICE

WORKBOOK

The Conditioning Map

Seven days to see, in your own handwriting, what your behaviour is really for, what it costs you, and why willpower was never enough.

A WORKBOOK MADE TO BE FILLED IN BY HAND

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The companion to the guide "Regain the Power of Choice"

The honest part.

This workbook produces results. In seven days you will have on paper, in your own handwriting, the real function of your behaviour and what it actually costs you. That is concrete, and most people never do this work.

YOU WILL GET LIMITED RESULTS DOING IT ALONE

Seeing the pattern is not the same as changing it. By the end of the week you will be able to look at your own reality and say: there it is, that's it, that's why it keeps coming back. And on its own, that realization almost never changes anything. It has to be followed by a proven protocol.

This is not a criticism, and it is not a reason to skip the work. It is the reason coaching exists. This workbook is the doorway. What really changes things happens on the other side.

I am not writing this to sell you something at the end. I am writing it because I have spent more than twenty-five years watching people understand their problem perfectly and stay exactly where they were.

Understanding opens the door. It does not transform anything. But without it, there isn't even a door.

Where this workbook fits

This workbook is the companion to the guide "Regain the Power of Choice". The guide explains the mechanism; this workbook lets you see it in your own life. You can do it without having read the guide, but the two work much better together. Every page points to the matching chapter.

This workbook is not medical advice. Some physical withdrawals — large quantities of alcohol, certain medications — carry real risks and should never be attempted alone. If that is your situation, talk to a doctor first. The work described here is done alongside medical care, never in its place.

What this is, and what it isn't.

You have probably already tried something else: a psychologist, a residential program, a twelve-step program. Those approaches did not give you the result you were hoping for — being free of this behaviour for good. So let's break a few myths.

"Another personality test."

No. A test puts you in a box and hands you a label. Here we do the opposite: we don't tell you who you are, we give you a tool that will reveal the reasons behind your behaviour. You are the one who evaluates the result, and you are the one who writes it down.

"More personal development."

There is nothing to believe here. You are going to write down facts for seven days: a time, a function, an emotion, a sentence. Then you are going to add them up. What you discover will not come from me — it will come from you.

"I have already tried everything."

Impossible! But what you tried was aimed at stopping the behaviour itself. This workbook does not ask "how do I stop". It asks the one almost nobody asks: **what is this behaviour actually for?** As long as the answer stays unknown, stopping means imposing a deprivation on yourself. And deprivation does not hold.

"Is my case bad enough?"

That is the question I am asked most often, and it is not the right one. Severity is not a threshold you have to cross to earn the right to take care of yourself. The only useful questions are these.

- 1 Does it come back?**
Not once, not during a hard stretch. Recurring, predictable, almost on schedule.
- 2 Does it start without you deciding?**
Does the act begin before the thought?
- 3 Have you tried to stop or cut back — without it holding?**
Once, or twenty times.
- 4 Is it costing you something you would not want to pay?**
Time, money, self-respect, being present for the people you love.

Four yes's, and the rest of this workbook is for you. Whatever the behaviour, and whatever the person next to you is going through that is "worse".

Starting this work the right way.

This is an observation exercise, not a test — and above all not an exercise in self-criticism. You already know that one, and it produces nothing. The value of the exercise rests entirely on your honesty.

1 For these seven days, you change nothing.

Absolutely nothing. You don't cut back, you don't try to do better, you set no goals. If you modify the behaviour while you are observing it, you are observing something else: you are observing your performance for the week. And trying to do well brings judgment back in — so shame, so the trigger.

2 Write by hand.

Not on your phone. The hand is slower, and that is exactly what we are after: a pause, so you can observe. Keep this workbook printed and near you all week.

3 Also write down the urges you did not act on.

Those are often the most instructive. An urge that rises and comes back down on its own tells you something very precise — and it shows you that you are not obliged to give in to it.

4 Observer, not judge.

When something uncomfortable shows up, the useful reaction is not “there is something broken in me”. It is “well, that's interesting, that I do that”. A mechanic does not insult himself in front of a knocking engine: he opens the hood.

Shame makes people use. It has never made anyone stop. Nothing you write in this workbook should be followed by a judgment about yourself.

If you catch yourself writing “I'm useless”, cross it out and replace it with the bare fact: **“it happened Tuesday at 9:15 PM, after a difficult phone call”**. The fact is useful. The judgment is not.

The method, in three movements

Clarity — seeing clearly what is going on. That is what this workbook does.

Confrontation — putting a belief up against reality and looking at whether it holds.

Coding — installing a new response, through repetition, until it becomes automatic.

Why willpower loses, every time.

You have held out a few days before. A week, maybe a month. Then something happened, and there you were again. You had sworn to yourself, and you had promised the people close to you. This is not a question of strength of character. It is a question of proportion.

5 %

Willpower

Conscious effort. What you decide on Monday morning. It is real — but it is weak, and it wears down as the day goes on. It is an unreliable resource.

95 %

The autopilot

Habits, beliefs and learned reactions — conditioning. They run without your consent and they never sleep. It is a very powerful resource, and it is your best ally.

THE ROPE

Picture a tug of war. On one side, your willpower: **one person**. On the other, your autopilot: **nineteen people**.

You can pull harder. You can train to pull harder. You can motivate yourself, set goals. **You are going to lose.** Not because you are weak — because the odds are what they are.

You don't win this match by pulling harder. **You win it by changing the programming.**

The same drawer as driving a car

Remember your first hours behind the wheel: the mirrors, the clutch, the turn signal, the blind spot. It was exhausting. Today you drive forty minutes on the highway thinking about your meeting, and you arrive with no memory of the trip. The program has moved down into the automatic system.

Your compulsive behaviour is filed **in the same drawer**. The brain makes no moral distinction between “tying your shoes”, “driving” and “opening the bottle at 9 PM”. It knows one rule only: what is repeated becomes automatic.

What you repeat gets stronger. What you stop feeding gets weaker. So the question is not “am I capable of changing” — it is “what am I repeating?”

The cycle, in five stages.

It is not a straight line, it is a loop. And a loop does not break just anywhere.

1 The pain — the trigger

Stress, boredom, loneliness, conflict, a feeling of emptiness. Rarely a crisis: it is much smaller and much more ordinary. And the pain that shows up here most often is the shame of the last time.

2 The automatic search

No deliberation. The autopilot opens its catalogue and pulls out the solution with the best track record. Not the best one: the fastest one. Often in under a second.

3 The act

The only part other people see. And the only part most approaches try to correct — which is precisely why they don't work.

4 The relief — temporary

It is real. It works. Nobody repeats a behaviour for ten years if it gives them nothing. Your behaviour has a use: it is a poorly adapted solution, but it is a solution.

5 The conditioning

The brain records the equation and reinforces the path. Next time the response will come faster. And a little faster the time after that.

WHERE WE INTERVENE — AND WHERE WE DON'T

Almost everyone tries to intervene at **stage 3**: don't do it, grit your teeth, resist. That is the worst possible place — you are already in motion, and you are fighting one against nineteen.

At stage 1 — recognizing the pain while it is still small, and naming it.

At stage 4 — understanding precisely what the act is solving.

At stage 5 — installing another response, through repetition.

You never attack the cycle at its visible part. You attack it upstream and downstream.

The next seven days serve one purpose only: seeing your own loop, in slow motion, with your real data.

The three columns.

Three levels that everyone confuses. Separating them is what makes this work useful. It is the simplest grid I know, and it is the most effective.

1 • The function — what it solves

Its job. Numbing. Anaesthetizing. Rewarding. Silencing a thought. Marking the end of the day. Creating a border between work and home. Filling a void. Feeling alive.

It is never the product you are after: it is the effect you expect from it.

2 • The emotion — what was there just before

Not the time, not the place: the inner state. Tiredness. Loneliness. Swallowed anger. Boredom. Anxiety. Shame. The feeling of not being seen. One word is enough.

Naming an emotion takes part of its power away.

3 • The belief — what gives permission

The sentence, often a tiny one, that authorizes the act. “I worked hard, I deserve it.” “The day is shot anyway.” “Just tonight.” “I can stop whenever I want.” Write it word for word, exactly as it went through your head.

These are not facts. They are interpretations — learned, repeated, never checked.

THE BOTTLE EXAMPLE

A man tells me: “I have three drinks every evening.” We fill in the columns together.

Function — marking the end of the day. He has no other border between his work and his life.

Emotion — a tension that never comes down, every evening, around 8:30.

Belief — “I gave all day, I’m entitled to something.”

This man does not have a drinking problem. He has a border problem and a tension that does not come down.

Alcohol was never the problem: it was the solution.

Three steps. Then the part that changes things.

1 Seven days of observation

One line every time the behaviour happens — and every time the urge rises, even if you did nothing. The time, the function, the emotion, the belief. You change nothing.

2 The tally

You count. Three columns, and a finding appears. The dominant function of your behaviour probably is not the one you thought it was.

3 The real cost

The number nobody adds up. In money, in hours, and in what cannot be calculated.

Then comes the only question that really matters. It is at the end of the workbook, and you will not be able to answer it before you have done the seven days.

What will happen during the week

Day 1 and 2 — you write after the fact, sometimes the next day. That is normal. Write anyway.

Day 3 and 4 — you start to see repetitions. The same times, the same words.

Day 5 to 7 — you catch yourself observing while it is happening. And sometimes, without having decided to, you don't do it.

That is not willpower. It is that observation inserts a space between stage 1 and stage 3. One second, two seconds — and in that second, you become someone who chooses again.

And if the week goes badly? Then you will have an excellent week of data. A week where the behaviour happens eight times teaches you infinitely more than a heroic week where you held back. You are not taking a test — you are taking a reading.

Day 1

Here we go. Write down every time the behaviour happens — and every time the urge rises, even if you did nothing.

[illegible]

Reminder: we change nothing this week. No decisions, no stopping. An urge you did not give in to still gets written down — it is often the most useful line on the page.

Day 2

Second day. Be more precise than yesterday about the time and about what had just happened.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: this is not a test, it is a reading. A day where it happens often teaches you more than a heroic day.

Day 3

A repetition may be starting to show. Don't conclude anything yet — keep writing.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: you are observing stage 1, the trigger. Not the act. Everyone can already see the act.

Day 4

Today, take care with the “the function” column. One word: calm, escape, reward, fill, exist.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: the function is not why you are the way you are. It is what the act was solving, in that minute. Stay concrete.

Day 5

Weekends often change things. Observe, without judgment, without modifying anything.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: if you catch yourself observing while it is happening, you have just inserted a space between stage 1 and stage 3. That is exactly the effect we are after.

Day 6

Also write down what happened in the ten minutes before. That is often where the real trigger is hiding.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: the “the belief” column gets filled in word for word, in your own words. “I earned this.” “Just one.” “Tomorrow, I stop.”

Day 7

Last day. Don't change anything, even if you can already see what your behaviour is for.

TIME	WHERE • WITH WHOM and after what	THE EMOTION just before	THE BELIEF the sentence in my head	THE FUNCTION what it was solving

Reminder: tomorrow, you count. Don't reread your pages before you have finished today — reading ahead distorts the reading.

STEP 2 • THE TALLY

Do the tally, then sum it up.

Go back over your seven pages. Group the lines that were looking for the same thing, and count them. That is all. The ranking will appear on its own.

THE FUNCTION — WHAT IT WAS SOLVING	MOST FREQUENT EMOTION	HOW MANY TIMES

MY DOMINANT FUNCTION — THE ONE THAT COMES BACK MOST OFTEN

THE EMOTION THAT ALMOST ALWAYS COMES WITH IT

THE BELIEF I WROTE DOWN MOST OFTEN — WORD FOR WORD

For most people, the dominant function is not the one they would have named before counting. That is the first real result of the week.

Keep that belief aside. It is exactly what the second movement of the method works on — Confrontation. Three questions: **is it true? what does believing it cost me? what would be more accurate, and better for me?**

The number nobody adds up.

We have just measured what it gives you. Now let's measure what it costs you. Not a judge: an observer. And no rounding down.

In money

What it costs me per week	
× 52 weeks	
× the number of years	
What is around it — fines, repairs, impulse purchases	

In hours

Hours of the behaviour itself, per week	
Hours spent thinking about it, arranging it, hiding it	
Recovery hours — the next day at half speed	
Annual total, converted into full days	

Most people land somewhere between three and eight weeks a year. Entire weeks of life, every year, that do not count.

What cannot be counted.

This is the part that confronts people the most, and it is the part that moves them — never the number. Take your time.

- The conversations you did not have because you were not really there
- The projects you put off, telling yourself “once I have dealt with this”
- The look on the face of someone who loves you and has stopped asking questions
- The energy it takes, every day, to manage appearances
- The distance you have put between yourself and the person you wanted to be

NAME ONE. THE REAL ONE.

NOW, THE GOOD NEWS

I did not have you do this calculation to hurt you. I had you do it for one reason only: **what it costs to keep going is also the measure of what you get back by changing.**

Those weeks exist. That money exists. That energy exists. All of it is in your life right now — it is simply allocated somewhere else.

You do not have to become someone else to get all that back. You have to reclaim what is already yours.

And that cost is not proof that you wasted something. It is the invoice for a service you were actually receiving — the relief at stage 4 was real. You paid a lot, but not for nothing: you paid to stay standing with the tools you had. **Now you are discovering others.**

Now that you know, answer this.

You have discovered the main function of your behaviour and its real cost. Two things you did not have seven days ago. One question is left, and it decides everything that follows.

During these seven days, when the moment came — the real moment, the one in your “time” column — did knowing all this let you do something else?

If yes

You are one of the people who can move forward alone, at least for a while. Keep going: reread your map regularly, and keep the four daily practices on the next page.

If no

That is the most frequent answer, by far. You did not lack willpower: you tried to beat nineteen people on your own, at the worst moment of your day. That is lost before it starts, and it has nothing to do with your worth.

That is exactly where I work. Not on understanding — you have that now. On execution, in the moment, where it actually plays out.

And if you have stopped before

If you have already stopped something for weeks or months — even if it moved somewhere else afterwards — you have just demonstrated something you probably do not give yourself credit for: **you are capable of stopping**. What you were missing was not willpower. It was the other half of the work, the half nobody had ever explained to you.

Four practices, every day.

They cost nothing and require no decisions. And they will show you more in one week than ten years of good intentions.

1 The seven days of observation

You have just done them. If you want to continue, continue — the map gets more precise every week.

2 Five minutes of writing, every evening

Not ten, not thirty. Five, always at the same time. Three questions: what did I feel today, and when? What was hard, and how did I respond to it? What am I taking away, even something small? Nobody will read it. It is a measuring instrument.

3 4-2-8 breathing, three times a day

Breathe in through the nose for 4, hold for 2, breathe out slowly through the mouth for 8. Eight repetitions. Outside of crisis, not only when things are bad — the long exhale lowers your baseline tension, and therefore the intensity of the stage 1 pains. It is prevention, not first aid.

4 One person you tell the truth to

One is enough to start. Someone who knows where you are at, and in front of whom you cannot pretend. Nobody sees their own blind spots — that is the very definition of a blind spot.

The pause

Two or three times a day, you stop for thirty seconds and ask yourself one question: **what am I feeling right now?** That is direct training for the stage 1 muscle. The earlier you spot it, the more choice you have.

THE NO PRINCIPLE

Never negotiate with the urge in the moment. The autopilot is a formidable negotiator: it never asks you to abandon the project, it asks for **one exception, just one, today**, with very good reasons. And it almost always wins, because it negotiates at the exact moment when it is the one in charge.

The counter is simple: **the decision is made cold, not hot.** It is written down. It is not reopened in the moment. When the urge arrives there is nothing to decide — it is already decided, and you apply it.

An assessment call. Not a sales call.

Thirty minutes, free, confidential. Bring your map and your tally.

1 We identify what it is really solving

From your map, not from a generic questionnaire.

2 We assess the right level of support

And if you need medical care or a treatment centre, I will tell you. It might not be me.

3 We build a plan that fits your reality

Your schedule, the people around you, your risk moments. Without you disappearing for twenty-eight days.

BOOK THE ASSESSMENT CALL

calendly.com/coachpatricebeaudoin

Pick the time that works for you. You will get the confirmation by email right away.

For everything else — the full guide, the program, the next cohorts and the free masterclasses:

regainthepowerofchoice.com

And if this is not the moment, keep this workbook. Do the seven days again whenever you want. The three options — the status quo, moderation, freedom — will always be on the table.

You already have everything you need to be happy. What you were missing was the map, not the courage.

See you soon!

Patrice