Mapping Motivation

Intention
- Running your own Brain
- Create more choice by knowing how to change the driver sub modalities of any given state

Process
1. Elicit the sub modalities of a state of motivation
2. Test each sub modality to establish the driver(s)
3. Elicit a context where the client is not motivated
4. Test by just changing the driver

Flip Chart
1. Get Sub Mods of Motivational State
2. Get Driver Sub Mod
3. Get Sub Mods of non motivated State
4. Test by changing only the Driver