

**** Phase 6 of Awareness Integration Theory (AIT)****

In Phase Six, the therapist works with the client to create a feedback structure. Now that the client has created their mission, goals and action plans in different areas of their life, it is important to create an external feedback structure to remind her/him on a daily basis for maintaining intentional ways of being, thinking, feeling, behaving, and creating. Human beings are habit producing and habit living creatures. Since clients have been in the habit of living unconscious lives, I assume that they will revert back very quickly to old daily habits if appropriate structures are not set to promote new habits. Although since they cleared their path, they will not go back to the negative core beliefs that were holding them back, however, the new acquired skills need to be reminded and practiced before they become the natural default mechanisms. Beside creating a structure that the client can live in so that the new ways of behaving will become a daily practice, creating an external feedback structures are necessary to keep the momentum going.