

Direct change solution: A structured five-phase intervention model for sustainable behavioral transformation

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Abstract: The paper presents the Direct Change Solution (DCS) as a method of intervention in the form of a structured five-phase model aimed at promoting sustainable behavior change. The model is based on psychological theory, autobiographical memory, and neuroscience of behavioral prediction that underline long-term change is not possible through surface-level behavioral changes or motivation. Rather, it is concerned with reorganizing inner psychological mechanisms that are influenced by the previous experiences. The suggested model is composed of five consecutive stages: awareness, recognition, resource identification, new internal decision, and behavioral grounding. These phases allow one to recognize repetitive behavioural patterns, comprehend their adaptive sources, internal strengths and deliberately establish new behavioural reactions. The paper also notes how stabilization processes reaction, choice, and scenario stabilization are effective in cementing these changes over time. The results have indicated that emotional triggers and unaware cognitive systems hold maladaptive patterns and that structural awareness helps individuals to discontinue automatic responses and engage in more adaptive behavior. The study makes a contribution to the field by presenting a systematic and practical model that combines theory with intervention that offers a pathway to permanent transformation of the individual and enhanced psychological functioning.

Keywords: Direct Change Solution, internal strengths, psychological theory, autobiographical memory, neuroscience of behavioral prediction.

INTRODUCTION

This seemingly contradictory pattern commonly characterises human behaviour when individuals are cognisant of the need to change but continue to use the same behavioural results across domains. Even if people are aware of the patterns of behaviour that lead to pain, disappointment, or misery, they will likely continue to follow those patterns in their relationships, emotional responses, and decision-making. An person may, for instance, feel compelled to repeat relationships that have previously caused them emotional disappointment or dispute, even when they had promised themselves that they would make other choices in the future. Issues including undervaluing oneself, failing to handle power, and rejecting chances are common occurrences for others in the workplace [1, 2, 3].

Is it within the mental capacity of individuals to see harmful patterns, and yet is so much effort necessary to produce long-term change? This is the effect of repeated behaviour that raises an important challenge in the field of psychology. In their pursuit of a solution, conventional

wisdom has focused on individuals' intrinsic characteristics, their degree of intrinsic drive, their immediate surroundings, and their capacity for deliberate decision-making. People usually behave in line with their historical habits, reinforcement backgrounds, or ideals, according to a number of traditional behavioural and cognitive theories. Similarly, cognitive behavioural therapy and other psychological theories center on the idea that disordered beliefs are the root cause of maladaptive emotions and behaviours [4, 5].

When it comes to explaining why individuals keep reliving the same life events while being aware of the impact of their thoughts and behaviours, these tactics fall short, even if they are useful for offering insights and practical intervention measures. Most of the time, individuals are able to alter their behaviour for a short while, but their underlying inclinations always seem to resurface, suggesting that there may be more fundamental structural forces at work in human behaviour. Recent studies in cognitive science and autobiographical memory have shown that the basis for repetitive behaviour is not based on surface-level habits or beliefs, but on more fundamental cognitive structures that are learned in childhood and early adulthood. There are few times in life more formative as childhood, when individuals form their most basic understandings of themselves, others, and the world around them [6, 7, 8].

Many of the things that kids go through at this age could be too much for them to process emotionally or academically. So, in order to make sense of complicated or emotionally charged situations, individuals create simpler mental explanations. A person's sense of self is founded on these recollections, which are assimilated into long-term autobiographical memory [9], [10], [11]. Implicit norms governing expectations, emotional responses, and plans of action are built around these interpretations, which change over time. Memory is not only a passive storage structure, according to neuroscientific research; it's also an adaptive system that helps with prediction and decision-making.

LITERATURE REVIEW

Chen 2025 et al. [12] explores the comprehension of human behaviour across several modalities by integrating video and motion data with the capabilities of Large Language Models (LLMs). The paper argues that in order to properly understand human behaviour, it is necessary to integrate video and motion models. This will guarantee that both the body dynamics and semantic contexts are well recorded, in contrast to previous techniques that only examine one or the other. In order to fulfil this need, the article introduces MotionLLM, a hybrid system that can understand motion, capture it, and then argue about it. In order to

acquire more precise spatial-temporal characteristics, MotionLLM makes use of a combined video motion training approach that draws on both coarse video-text and fine-grained motion-text data. The researchers also construct MoVid, a large library of films, motion sequences, subtitles, and instructions, to support this system. To evaluate the comprehension of human behaviour in both motion and video modalities, MoVid-Bench, a manually annotated benchmark, is proposed. In complicated human behaviour analysis tasks, empirical data demonstrates that MotionLLM significantly improves the efficiency of caption creation, spatial-temporal comprehension, and reasoning.

Wever 2023 et al. [13] Adolescents suffering from depression navigate through life based on their own experiences and the way linked brain networks function. After completing functional magnetic resonance imaging (fMRI), the depressed and non-depressed adolescents (N = 69; 17 depressed) reenacted to positive and neutral personal memories. After each recollection, the participants judged the pleasantness and vividness of the experience. Even though the intensity of the memory was the same, the results showed that depressed teenagers found their happy memories less enjoyable than their healthy peers. A generic autobiographical memory network and specific subnetworks of positive and neutral memory recalls were identified by researchers via the use of event-related independent component analysis (eICA). The medial prefrontal cortex, the posterior cingulate cortex, the precuneus, and the temporoparietal junction were all parts of a network that processed information recursively. When sad teens recalled less pleasant positive experiences, this network activated abnormally. Any treatment intervention aiming to boost self-esteem and alleviate depression symptoms should focus on helping depressed adolescents modify their recalling of positive experiences, which is shown to occur when they undergo altered self-referential processing of such memories.

METHODOLOGY

There are five distinct stages to the suggested intervention strategy:

Awareness: To achieve any real change, one must first become aware of the patterns that govern their behaviour. This knowledge is the first and most important step in the process of personal development. People begin to become aware of the recurring emotional reactions, decisions, and outcomes in many areas of life, such as relationships, workplaces, and personal development, during this stage. The key to being aware of such patterns is recognising their repeated character, even if many individuals mistake them for one-off occurrences or outside influences. People might start to see certain similarities between circumstances they

previously believed were different via reflective observation. For instance, it's possible to notice that he or she often shies away from confrontation, constantly seeks approval from others, or assumes the role of others when asked to do so. Recognising emotional reactions that trigger habitual behaviours like worry, withdrawal, or overcompensation is another aspect of being aware. When individuals learn to see these patterns of behaviour and the impact they have, they gain insight into the ways in which their own psychological frameworks impact their day-to-day functioning. It is this understanding that underpins purposeful inquiry and transformation.

Recognition: To recognise is to understand that previously established patterns of psychological development had a crucial adaptive function. Some individuals begin to see these patterns as defence systems that helped them cope with stressful situations in the past, particularly when they were younger, rather than as signs of weakness or failure. For instance, a person whose upbringing discouraged or criticised showing emotion may have conditioned their behaviour to do the same. At the time, this course of action helped keep things stable and secure. Therefore, the mindset shifts from self-blame to enlightenment as a result of the identification. When individuals think they are doing the right thing, even when it's incorrect, they often fight change, thus this is a crucial step. When people see these habits were defence mechanisms, they may approach change with more self-compassion and openness. Recognising the defensive function of these structures helps people understand how these structures have served them in the past, which in turn helps them understand that the strategies they used then may not work anymore.

Resource Identification: The process of identifying one's resources include recognising one's skills, talents, and psychological resources that one has developed as a result of coping with one's past experiences. Perseverance, empathy, responsibility, emotional intelligence, and problem-solving abilities are typically required to overcome even the most difficult of situations. This is the point when individuals begin to perceive the limitations imposed by their prior experiences and shift their focus to the strengths that have emerged as a result of those challenges. Someone who experienced hardship as a child may develop traits such as extreme organization, sensitivity, empathy, or leadership. Finding these tools allows individuals to reframe their experiences in a way that brings about positive change. They begin to see that adversity was a catalyst for personal growth and competence, not the sole thing that shaped them. This would boost self-assurance and the will to make a difference from inside. When

individuals are aware of and grateful for their own strengths, they are more likely to get the emotional and mental support they need to go on and establish the new habits.

New Internal Decision: When individuals decide to alter the behavioural norms they established in a past life phase, it is known as a new internal choice. People are more likely to question their underlying beliefs and patterns of behaviour when they have a better understanding of their own history and the resources at their disposal. This is the part when individuals start intentionally replacing their own rigid behavioural norms with new, more flexible ones. A person who fears rejection if they express their wants to another person may come to see that open communication is essential to happy partnerships. This is more than just a vote of confidence; it's a deliberate effort to rearrange the company's expectations and behavioural tactics. Realising that the past does not dictate the future is an essential part of this process. When individuals decide to change their behaviour for the next time, they transition from purposeful reactions to automatic ones. The psychological basis for long-term behaviour change is this inward shift.

Behavioral Grounding: The newly formed choices and worldviews are consolidated via the behavioural grounding phase by consistently acting in real life. When one's thoughts and interpretations of their experiences are transformed into tangible actions, only then can psychological change be said to have taken root. Now that our instinctive emotions have been triggered, we may intentionally practise other responses to those same circumstances. Someone who usually keeps to themselves may start voicing their opinions during conversations, while someone who is often worried about other people can learn to set reasonable boundaries. With each accomplished goal, the old behavioural norms are progressively diminished while the new inner framework is strengthened. Because the brain may learn from both experience and reinforcement, repetition plays an essential role in this process as well. A person's new choices become second nature and easier to emotionally execute the more they act in line with them. Behavioural grounding helps people create healthier relationships, better decision-making skills, and a more balanced self-perception in the long run by transforming their actions into habitual and regular performances.

- **Stabilization Process**

Emotional responses, decision-making, and life patterns may all be changed and transformed via the use of repeated reinforcement of behaviour. When individuals gain insight into the mental processes that drive their behaviour, they may retrain their responses to situations that

used to trigger instinctive responses. Over time, with consistent practice, negative emotions will lose their power and you'll be better able to react with composure and mindfulness. As individuals gradually adopt new perspectives and alter their behaviour, these reactions gradually become more organic and less imposed. By consistently putting in the work, one may replace habitual patterns of behaviour learned from past experiences with more deliberate decisions. Such new habits begin to influence bigger aspects of life, including relationships, job situations, and self-improvement, at a slow but steady rate. As individuals make decisions and act in line with their current beliefs and goals, their past patterns of behaviour become less influential. As a result of this cycle of reinforcement, the transient behavioural alterations would become habitual, leading to more adaptive patterns of behaviour and long-term psychological development.

One way to define response stabilisation is as the gradual numbing of previously triggered instinctive emotional reactions. Many patterns of behaviour may be explained by the fact that certain situations elicit strong emotional reactions like wrath, guilt, fear, or anxiety. Because they are linked to memories of past events, these responses often occur without conscious thought or planning. As they begin to feel more stable, people become more self-aware of these emotional cues, which causes them to consciously disengage from the habitual reaction. As a result of renewed awareness and deliberate action, the intensity of these emotions fades with time. Over time, the intensity of the conditions that used to cause immediate tension or protective reaction starts to diminish. This is not to say that individuals can't feel emotions; rather, it means that they may learn to experience these sentiments without letting them control them. The more we learn to regulate our emotions, the more adaptable our minds become, and the more likely we are to behave rationally rather than emotionally.

The term "choice stabilisation" describes the moment when the behavioural reactions to everyday situations are replaced by the choices that have been intentionally made. Individuals need to put their newfound self-awareness and deliberate decision-making into action after they've recognised their tendencies. Since the mind is prone to revert to its old ways of operation, this process is first very cognisant and challenging. In any case, regular practice may assist the new method of decision-making become more steady and natural. People start to pause, reflect, and evaluate things more dispassionately. They no longer rely on internal rules of yesteryear but rather on their own goals, interests, and expertise to guide their behaviour. The burden of these deliberate choices gradually fades as the brain learns to assimilate them. As a result, individuals gain self-assurance in their ability to control their

actions and outcomes. This stabilisation stage helps individuals develop healthier habits by reinforcing their autonomy.

At last, we reach scenario stabilisation, the point at which our patterns of behaviour begin to change for the better. This stage reflects the long-term evolution of behaviours about life events, in contrast to the earlier phases which are focused on emotional reactions and choices. As individuals consistently make new choices and do new activities, they gradually begin to see changes in their relationships, workplaces, and personal progress. Even when a scenario has a history of unfavourable patterns, things may start to turn around for the better. If you want to improve your connection with your health, for instance, or if you want to increase your chances of getting a job, working on your self-confidence could help. Repeatedly engaging in novel behaviours throughout time gives rise to novel life circumstances distinct from those encountered before. This grounding occurs when new connections with the outside world are formed as a consequence of changes in internal beliefs, expectations, and behaviours. When this happens, the person's behaviour and life experiences undergo a steady transformation, and the new patterns they've developed become the standard.

RESULTS

In order to maintain long-term mental and behavioural habits, emotional stimulation is important. A similarity between the present and an emotionally taxing past circumstance is what sets off the trigger. The brain may continue to interpret the current situation as comparable to the first event and elicit the same emotional reaction, even when there are substantial differences. For instance, if a coworker criticises you, it could bring up feelings of rejection or disapproval from the past. People often resort to the same behavioural skills they used to handle a prior stressful event if these kinds of emotional cues are triggered. Rapid and, more often than not, unconscious, this reaction reinforces previously held internal ideas and standards. Emotional reactions may be intense and time-sensitive, making it difficult to reach rational replies. Hence, emotional cues reinforce preexisting mental models, which in turn prevent the continuation of problematic behaviours.

The ability to recognise one's own internal psychological patterns and how they influence one's ideas, feelings, and actions is known as structural awareness. An individual's perspective on their reactions and actions in life is transformed as they begin to understand how their prior experiences have shaped their internal beliefs, standards, and role models. In reaction to their actions, they start to see the logic behind it, rather than viewing it as inescapable or just

situational. Being able to see one's own reactions and then act upon them makes this knowledge a threat to the automaticity of previously learned responses. Having this level of self-awareness would allow one to determine whether the current reaction is appropriate or just a habit. An person may be granted the opportunity to make different choices that are more in line with their present-day aims and values as a result of this learning. Then, structural awareness becomes the key mechanism for replacing automatic behavioural repetition with conscious choice.

DISCUSSION

Meaningful and long-lasting behaviour change requires more than just discouraging undesirable behaviour or inducing new habits via incentive, as this article clearly notes. Instead, a fundamental reorganisation of one's own psychological system that impacts behaviour is required for lasting transformation. The implication is that in order to change one's internalised conclusions and behavioural patterns, one must re-experience and re-define one's formative experiences. By looking at the historical setting, we can see that these laws were really just responses to different circumstances; they weren't always applicable. They will be able to reorganise their long-held ideas and replace inflexible rules with more practical and positive perspectives once they come to this realisation. Additionally, individuals will have the opportunity to acknowledge the skills and qualities they honed while conquering earlier challenges. Once individuals have reframed their experiences and integrated these insights into their sense of self, they are able to make new behavioural response choices that align with their present values and objectives.

Integrating theoretical concepts from studies of autobiographical memory with practical methods for effecting personal transformation, the Internal Autobiographical Map model contributes to the field of psychology. This model highlights the structural connection of memory, identity, and behaviour, in contrast to conventional psychologists who see behaviour, cognitive, and emotional regulation as distinct processes. In order to provide a comprehensive explanation for the emergence of behavioural patterns, the model examines the structuring of personal experiences into internal systems. It also offers helpful tools for systematically defining and altering these structures. The model's strength in research and therapy lies in its integration of theory and practice. People may alter their habits and ways of living if they are aware of the narrative structure of their own experiences, it claims. Consequently, the model

not only aids in expanding academic understanding, but it also lays out a methodical path to achieving and maintaining psychological development and self-actualization.

RECOMMENDATIONS

- An important part of developing self-awareness is making a systematic plan to map out the ways in which one's own life experiences have shaped their values, responsibilities, and habits of behaviour.
- The processes that lead to sustained behavioural changes would be better understood if autobiographical psychology and neuroscience were to work together.

CONCLUSION

The research shows that sustainable behavioral change is brought about by an organized and systematic process of internal change in the psyche as opposed to short term motivation or individual behavioral initiatives. The Direct Change Solution (DCS) model offers a holistic model that takes individuals through five essential stages, namely, awareness, recognition, resource identification, new internal decision, and behavioral grounding, all of which play a role in the gradual reorganization of the ingrained behavioral patterns. The results highlight that the repetitive behaviors are perpetuated by the unconscious cognitive systems and emotional stimuli that are based on the previous experiences, and they still affect the current responses. With the help of structural awareness, people can become more aware of these patterns, redefine their causes, and become more aware of the possibility of subconsciously substituting automatic responses with more adaptive decisions. Moreover, the stabilization process is essential in making these changes permanent and sustainable as it strengthens new emotional reactions, decision-making habits, and life situations. The research points out that effective and lasting change cannot be achieved without a constant practice and internalization of beliefs but through interventions which are short-term in nature. In general, the study adds to psychological literature because it offers a comprehensive model that integrates both theoretical knowledge and practical implementation as a sure way of achieving personal development, behavioral adaptability, and long-term change.

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