

AIR Key Terms Map

How the inner blueprint becomes the outer structure

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The Core Loop

Event (what happens) → Attention / RAS (what you notice) → Interpretation (what it means) → Emotion (what it signals in you) → Impulse / Urge (what the system wants to do) → Action or Inaction (what you actually do) → Outcome (what changes externally) → Reinforcement (what gets "proven") → Belief + Identity update (what becomes more true tomorrow).

The Renovation Points (where choice lives)

Attention: "What am I feeding?"

Interpretation: "What else could this mean?"

Regulation: "Can my system stay here?"

Boundary/Integrity: "What is the clean action?"

Commitment: "Can I keep building even while unsure?"

The Three Layers of Reality in AIR

- 1) Objective layer: what happened / what is.
- 2) Interpretive layer: what you make it mean.
- 3) Behavioral layer: what you do next.

AIR focuses on mastering layers 2 and 3—because that's where your life actually changes.