



MY BELIEF ON THE SUBJECT OF FOCUS:



MY OLD BELIEF:

① Content of old belief = That's what I used to think:

MY NEW BELIEF:

② How I want to feel:

③ What I want to perceive:

④ Statement = ② + ③:

⑤ Content of new belief (key points) = I want to think this now:

⑥ My new belief = ④ + ⑤:

• Notes and bullet points: