

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:	Active	MY BELIEF ON THE SUBJECT OF FOCUS:
MY NEW BELIEF: ② How I want to feel: ③ What I want to perceive: 4 Statement = ② + ③:		MY OLD BELIEF:
② How I want to feel: ③ What I want to perceive: 4 Statement = ② + ③:		1) Content of old belief = That's what I used to think:
③ What I want to perceive: ④ Statement = ② + ③:		MY NEW BELIEF:
4 Statement = (2 + (3):		— ② How I want to feel:
		— ③ What I want to perceive:
(5) Content of new belief (key points) = I want to think this now:		4 Statement = 2 + 3:
		(5) Content of new belief (key points) = I want to think this now:
→ ⑥ My new belief = ④ + ⑤ :		→ 6 My new belief = 4 + 5 :
• Notes and bullet points:		• Notes and bullet points: