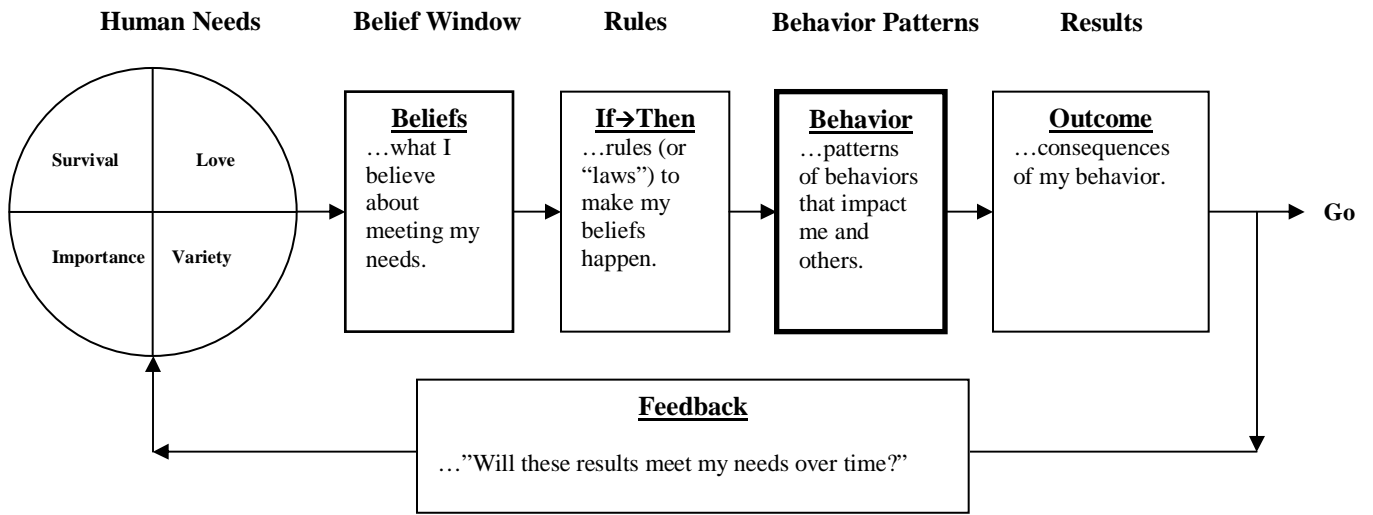


Reality Model

(Changing Beliefs to Change Behavior)



Identify existing *Behavior Patterns*:

Start

Feedback Loop: Ask, "In the long run will my needs be met if nothing changes?"

Identify *Outcome*; predict the results of the old behaviors... what will it get you?:

Beliefs: What unseen beliefs are written on my "window" and what rules do I therefore live by?

If you make changes to old beliefs (and create new, healthier rules), predict the likely *New Behavior* and *New Outcome* you might gain, and state how your *Needs* might be met: (Use a new sheet if needed)
