

FEAR TO POWER PRACTICE

REALITY/FACT: WHAT IS ACTUALLY HAPPENING?

HABITUAL STORY OR THOUGHT: WHAT ARE YOUR TYPICAL ANTS ABOUT THIS?

RESULTING NEGATIVE EMOTION: HOW DO YOU FEEL?

RESULTING BEHAVIOR: WHAT DO YOU DO?

FEAR CYCLE BELIEF: WHAT LIMITING BELIEF IS REINFORCED BY THIS PATTERN?

RE-PATTERN

REALITY/FACT: WHAT IS ACTUALLY HAPPENING? (SAME AS ABOVE.)

INTENTIONAL THOUGHTS: WHAT ARE YOUR POSITIVE THOUGHTS ABOUT THIS?

RESULTING POSITIVE EMOTION: HOW DO YOU FEEL?

RESULTING BEHAVIOR: WHAT DO YOU DO?

POWER CYCLE BELIEF: WHAT EMPOWERING BELIEF IS FORMED BY THIS PATTERN?