TRANSFORMING TRIGGERS (7 STEPS)

1. MY TRIGGER... (DESCRIBE THE SITUATION & RATE MY UPSET 1-10)

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_____

_____

2. MY FEELINGS...

_____

_____

3. MY THOUGHTS...

_____

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_____

4. MY GOAL... (FOR MY TRIGGER)

_____

_____

5. "I CANCEL MY GOAL...". SOME INSIGHTS I HAVE ABOUT MYSELF, MY PAST AND/OR THIS GOAL ARE...

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_____

6. I CHOOSE LOVE. (LOVING THOUGHT TEST)

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7. MY NEW GOAL FOR MYSELF IS... (RATE MY UPSET 1-10)

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A special thanks to my teacher, Dr. Michael Ryce [WhyAgain.org], from whose work this sheet is inspired.
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