

OLD SYSTEM: How it is

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My Old Beliefs

I am...	People are...	The world is...
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My Old Rules – to move away from the problem
If.... Then...

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My Old Strategies – things I do to avoid or move away from the problem

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NEW SYSTEM: How I'd like it to be

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My New Beliefs

I am...	People are...	The world is...
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My New Rules – to move towards what I want
If.... Then...

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My New Strategies – things I do to move towards what I want

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