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your journey far beyond

Adressing Inner Beliefs

The Template

	Limiting Perspective	Supporting Perspective
Event		
Thoughts		
Feelings		
Behaviour		
Result		
Inner Belief		

Example

	Limiting Perspective	**Supporting Perspective**
Event	*"I have a ticket for the next Bits&Pretzls."*	
Thoughts	*"I'm introverted and hate conferences."*	"I love conferences, I meet inspiring people there."
Feelings	Fear, panic, loneliness	Anticipation, enthusiasm, community
Behaviour	I skip the conference. I go and laboriously force myself to talk or hide in lectures.	I connect with people I want to get to know before the conference and make appointments with them.
Result	I'm exhausted and haven't met any new people.	I'm super happy because I got to know 10 new people and had some great conversations.
Inner Belief	I am totally incapable of making contact with others.	I am able to meet new people.