

After working with 'The Diamond and the Consequences and Beliefs, it is now time to explore the opportunity to look at this in a different way.

Challenging thoughts and behaviour finding new ways	
Describe the situation or event that you are facing	
What do you think about yourself related to that event? Your Belief(s).	
What are the consequences or the results of your behaviour (can also be that you are doing nothing)?	
<p>Now ask yourself some of the following questions and see how you can think about the situation and your beliefs.</p> <p>Is there evidence contrary to my thoughts? Give examples where this was not the case?</p> <p>If I ask a friend or others who know me, would agree about my thought and beliefs.</p> <p>What advice would I give others in the same situation?</p> <p>Will this matter one year from now?</p>	
What do you think now after having answered one or more of these questions, and how does it feel to think in this different way and how does this energise you?	