



REVIEW ACTIVITY

Chapter 3

Please take a few minutes to explore the following questions, and write down your answers:

- ❑ How do your beliefs influence your emotions? Can you remember a time when you thought something was going to go badly only to discover that it turned out much better than you anticipated? What emotions did you feel before? How did you feel after?

- When do you feel helpless, stuck, or powerless? (Gray Otis: I know I feel this way whenever my wife says the five most terrible words in the English language, "Gray, we need to talk." I also feel powerless when I'm stuck at a red light and I'm late to a meeting, when a friend does not understand me, when I cannot figure out something, and in countless other ways.)

What are the things in your life that you would like to change, but believe you cannot change?

Consider these questions for making desired changes to your life.

1. **BECOME AWARE:** What is my Negative Core Belief?
Identify one of your Negative Core Beliefs.

2. **CREATE:** What is an alternative Positive Core Belief?
Devise a desirable Positive Core Belief that would counter the Negative Core Belief.

3. **ACT:** What can I do to behave and interact with others in a way that reinforces the Positive Core Belief? What can I do to foster behaviors and interactions that reinforce the Positive Core Belief?
Write down specific actions to support the desired new belief.

PRACTICE: Consistently act and interact with others to strengthen the Positive Core Belief. Daily evaluate what you have done to support your new Core Belief.

When we apply the process of developing Positive Core Beliefs, we become skilled at acquiring even more of these beliefs. Through practice and daily repetition, we reinforce corresponding constructive behaviors and interactions to achieve beneficial results.

This method for change has been proven to work. It does take time and effort, just like learning to skillfully drive a car takes patience learning how to drive and how to interact with other drivers. With consistent practice, we can achieve success and the results will be worth it.

Write down any additional thoughts you have about the development of Positive Core Beliefs through constructive interactions with others.

[\[Link\]](#) Download a PDF of the Chapter 3 Additional Activities, “Identifying Barriers in Relationships.”