

DESTROY YOUR REPUTATION

1. Establish the fear: choose and fill out one template from the two options below.

If I X, people will think Y.

Or

If so and so thinks X, Y will happen.

2. Is it true? [Referring to the statement in question 1.]
3. In what ways do you try and control what this person thinks? [List specific behaviors.]
4. What would you do in this case if you weren't afraid of what they thought?
5. What new beliefs about yourself, your life, and life in general would you like to create?
6. What is now possible? [Be concrete and specific.]

Action Plan [Summarize any new thoughts or actions you will implement.]