

A. Current Reality (Describe the item to change/improve)	B. Actual or Potential Loss (What is the cost or sting to continue?)	C. (1) Power & (2) Feeling Words		
	<p>[Read your statement from Column A]</p> <p>“....and this is having a serious effect on</p> <p>my (1)_____ (1)_____</p> <p>which makes me feel (2)_____,</p> <p>(2)_____,</p> <p>(2)_____,</p> <p>and (2)_____.”</p>	<p>(1) Life Profession Health Belonging Relatives Honored Bank acct. Assets Safety Friend(s) Sharing Trust Spouse Possessions</p> <p>(2) Poor Lost Hated Down Empty Unhappy Afraid Insecure</p>	<p>Sales Security Happiness Self-acceptance Respected Finances Promotion Job Caring Marriage Family Savings Investments</p> <p>Failure Resentful Lost Powerless Frustrated Worthless Depressed Hurt</p>	<p>Profit Stability Friendship Children Pride Loyalty Inventory Ownership Love Self-worth Sexuality Success Influence Property</p> <p>Fearful Bad Empty Weak Rejected Unloved Angry Miserable</p>
D. Vision (Opposite of A)	E. Personal Pay Value (Use Power & Feeling words in F)	F. (3) Power & (4) Feeling Words		
	<p>“....and this is having a beneficial effect</p> <p>on my (3)_____,</p> <p>(3)_____, and</p> <p>(3)_____ which makes</p> <p>me feel (4)_____,</p> <p>(4)_____,</p> <p>and (4)_____.”</p>	<p>(3)Life Sales Stability Health Friendship(s) Faith Children Sexuality Rewards Marriage Loyalty Bank Acct. Savings Ownership Property</p> <p>(4) Rich Free Enthusiastic Strong Successful Healthy Friendly Secure</p>	<p>Promotion Job Love Trust Self-Acceptance Friends Respect Family Pride Trust Finances Pride Inventory Possessions</p> <p>Loved Fulfilled Warm Powerful Good Confident Protected Accepted</p>	<p>Security Safety Protected Belonging Sharing Relatives Self-worth Honor Spouse Winner Success Assets Influence Income Investments</p> <p>Appreciated Attracted In control Youthful Up Important Needed Respected</p>
G. Affirmation (Personal, positive, present tense—use all eleven guidelines)		H. Test for Goal Cooperation & Balance	I. Check for Sensory Data	
<p>Because I _____, I am/have/feel _____ .</p> <p>I am/have/feel _____, because I _____ .</p>		<p>Family Superiors Social Board of Directors Professional Subordinates Spiritual Bankers Organizational Other Departments Physical Financial Personal</p>	<p>See Hear Feel Taste Smell Color Action Sounds</p>	