

## Steps of the Decision Maker<sup>®</sup> Change Perspective Process

1. Describe a situation that is upsetting you.
2. What does it mean to you?
3. Doesn't it seem that \_\_\_\_\_ is the truth?  
[what it means to you (#2)]
4. What are some alternative meanings? In other words, what else could the situation logically mean? (Elicit three or four)
5. If there are other meanings that are just as reasonable, can you see that your original meaning is only a truth and not the truth? (Answer will be, yes)
6. Did you ever see \_\_\_\_\_ in the world? (Answer will be, no)  
[the original meaning (#2)]
7. Can you see that the events have no inherent meaning?  
That \_\_\_\_\_ doesn't really mean anything? (Answer will be, yes)  
[the situation (#1)]
8. State \_\_\_\_\_. Is it really the truth? (Answer will be, no)  
[the original meaning (#2)]
9. Think about the situation. Does it still upset you? (Answer will be, no)

As soon as you realize that you never saw your belief, it was only one interpretation of many, that you never saw it in the world, and that the situation that caused it has no inherent meaning, the belief disappears and will not return.

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