


# CHANGING DECEPTIVE BRAIN MESSAGES TO NEW BELIEFS



Helping YOU  
Choose a happier,  
More fulfilling life

As you identify 'old beliefs' or 'deceptive brain messages' that tend to cause you distress, write them in the left-hand column (these may come from **Transforming What Is in the Way**). As you come up with alternative beliefs that you want to try, write them opposite the deceptive brain message in the left column. You can look at **Assessing Alternative Beliefs** to get ideas.

Deceptive Brain Messages 	New Beliefs 