

These questions are gifts to help you explore your beliefs and options for action so that you can find your own best answers. I'm asking you to question your beliefs, not as a sign of disrespect or an indictment of yourself or others, but to give you an opportunity to review, and to reaffirm or to change your beliefs, so that you can choose those beliefs which best facilitate your happiness and health. There are no right or wrong answers.

*Start by writing down something that is making you unhappy.* (If you can't think of something that makes you unhappy, try upset, anxious, angry, frustrated, stressed or any uncomfortable feeling.)

**What is upsetting you (making you unhappy)?**

**What can you NOT change?** (other people, the past, the future...)

**What CAN you change?** (your beliefs; or through your actions, e.g., get out, share your feelings, set consequences)

**What is the story you are telling yourself that is leading to the upset?**

**Is it true?** (Question your assumptions and beliefs. Look for evidence. Run experiments.)

What is a different story that would lead to feeling happier and less stressed?

If you change your belief, what are you afraid would happen? (Assess the reality of your fear, and what you have to gain.)

What might you do to remind yourself to practice your new belief?

Next time, try to remember your new belief sooner than the last time.  
Choose happiness!