

MOVE YOUR THOUGHTS FROM POINT A TO POINT B

First, write down any problem or unwanted situation in your life. Really focus on the problem, what you don't like about it, and why it makes you feel so lousy. Write down the thoughts that come to mind. Then ask yourself: *Where would I like to be with the situation instead?* Come up with something that feels like a realistic improvement or a resolution to you. It doesn't have to be anything big or grand. Something like *I want to feel calmer in this situation* could be a great place to start with point B. Then ask yourself: *How can I get there?* Focus on that for a few minutes and write down what thoughts come to mind. If there are resistant thoughts like *I can't do this, it will never happen*, don't worry — we will discuss how to get past that type of thinking in chapter 5 on overcoming resistance.

Point A ———> ———> ———> (Where I am)	———> ———> ———> Point B (Where I want to be)
Thoughts generated by focusing attention on point A	Thoughts generated by focusing attention on point B and asking: <i>How can I get there?</i>
1. 2. 3. 4. 5. 6.	1. 2. 3. 4. 5. 6.