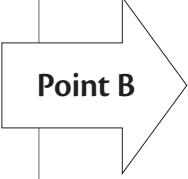


# CHANGING DISTRESS INTO SUCCESS

Present:	Future
<p><b>Step 1.</b> Indicating emotion (How do I feel right now?)</p>	<p><b>Step 2.</b> Projected event:</p> <p><b>Step 3.</b> What unwanted aspect am I focusing on?</p> <p><b>Step 4. (Point B)</b> What would I like to see happen?</p>
<p><b>Step 5.</b> My negative expectations about the situation.</p> <p><b>Point A</b> (Where I am)</p>	<p><b>Step 6.</b> New thoughts to build my future (present tense) and bring me closer to what I want.</p> <p style="text-align: center;"></p> <p><b>Point B</b> (Where I want to be)</p> <p><b>Step 7.</b> What details can I think of and what actions can I take to grow my thought into a belief?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>