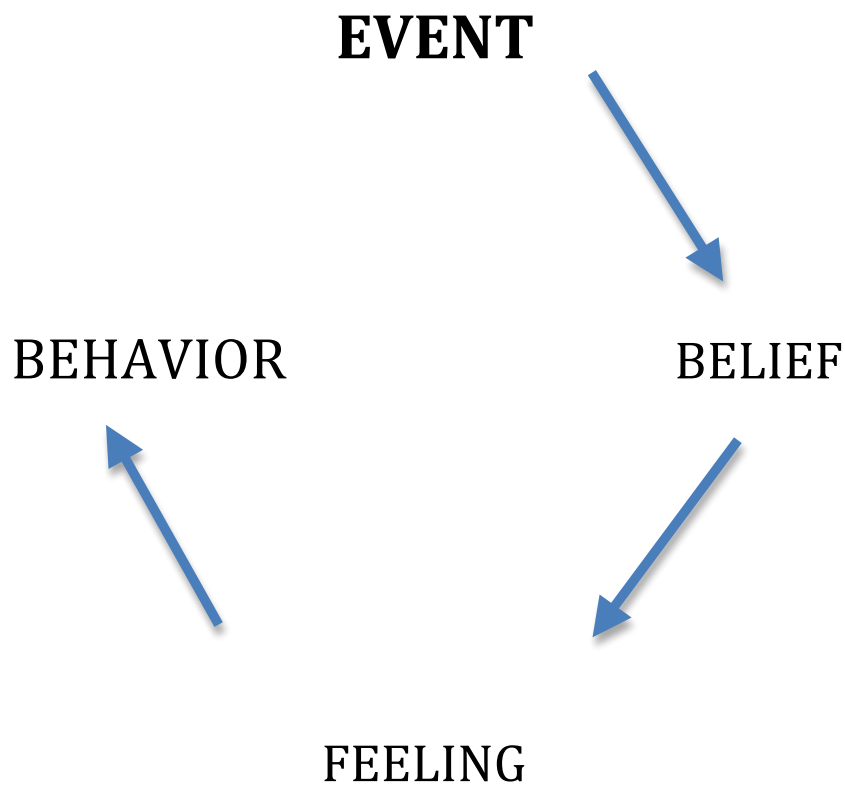


The Decision Wheel

By Joel Lavenson

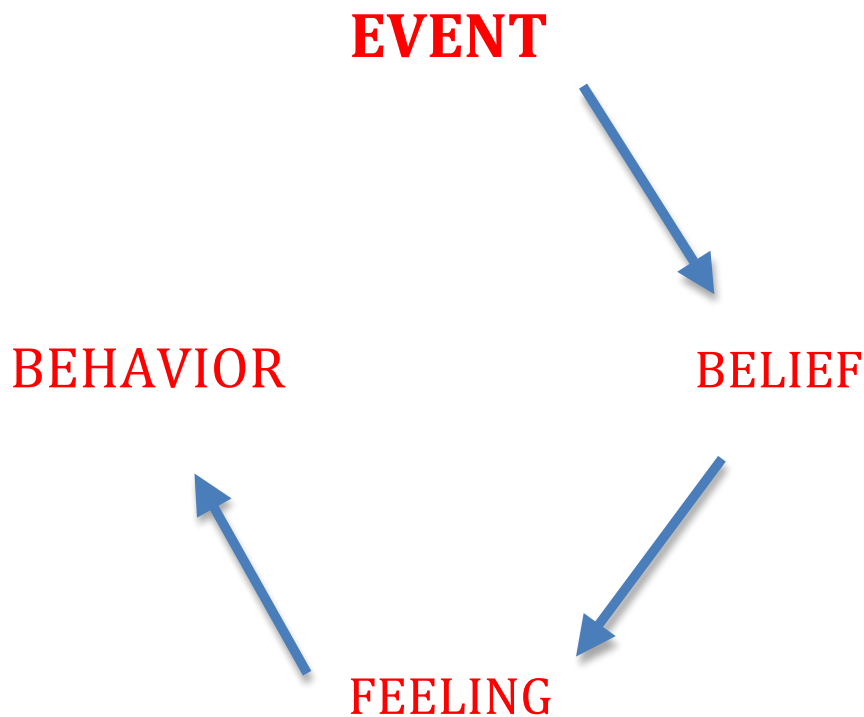
An Event happens without meaning. From your memory of your life's experiences, you attach a meaning to it and what you believe it means about you.

Then you choose a feeling that makes that belief make sense and from that feeling you choose a reaction, that expresses that feeling.



Person Sharing FRUSTRATION in **RED**
Person Mirroring in **BLUE**

MIRROR to VALIDATE to EMPATHIZE



*Listener asks: a.) "You REACT BY?"
b.) "TO AVOID FEELING....?"
c.) "Which REMINDS You OF....?"*

Then:

"WHAT YOU NEVER, NEVER WANTED TO FEEL....?"

"WHAT WOULD YOU RATHER HAVE FELT?"

What can I do to trigger the antidote belief/feeling?