

## Previous System

### Previous beliefs

I am incompetent  
 I am not likeable  
 I am flawed/wrong  
 I am insignificant

Feeling if rule is violated, e.g., anxiety, anger, guilt, shame, low

Old rule – If ..... I am in control of my environment ..... at all times then I will be OK

Old rule – If ..... others like me ..... all times then I will be OK

Old rule – If ..... I am in control of my feelings ..... at all times then I will be OK

Old rule – If ..... others notice my achievements ..... at all times then I will be OK

Protective behaviours used to keep rule in place (e.g., work harder, avoid others)

Keep feelings to self

Check and double-check everything

Predict problems before they occur

Keep problems to self

Say "yes" to all requests

Concentrate of getting everything correct

Sound intelligent

## New System

### New beliefs

I am OK  
 I am me  
 I am free

New rule (e.g., It's normal to tell others how I feel)

New rule – It's OK to assert my needs

New rule – It is important that I follow my feelings

New rule – It's OK to make mistakes as long as I can learn from them

New behaviours (e.g., accept feelings, express feelings, allow others to take responsibility for their own problems etc. )

Tell others how I feel

Assert myself when I want to do something

Share problems with others

Check things once and then let things go

validate and accept my feelings

Be myself

Figure 14. New belief versus old belief system - Example