

Developing Self-Awareness: Belief Identifier

A = Activating event

Take an objective view of the situation and recall how the event was initiated. Describe the event as if you were an objective bystander, with no emotional attachment to the scenario or the people involved.

B = Beliefs

What did you believe to be true about the situation?

C = Consequences

What were the consequences of your beliefs? What happened in the situation because of your beliefs?
How did you behave? What was the impact of your behavior?