

# Rewrite Black & White Thinking

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CURRENT	DESIRED
<p>start here</p> <p>What negative belief are you holding?</p>	<p>end here</p> <p>What thought would create the feeling?</p>
<p>How does that make you feel?</p>	<p>How must you feel to take that action?</p>
<p>What actions does that inspire?</p>	<p>What actions do you WANT to take?</p>