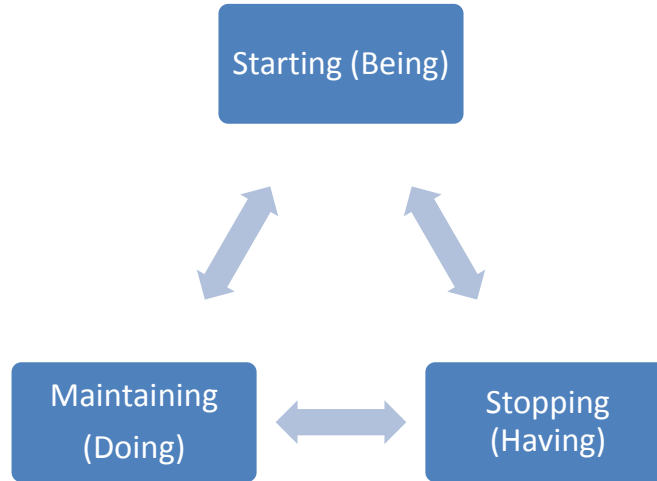


What are you best at?



What do you want to work through? <u>You now have (The Problem)</u>	(eg anger)
How will you know when you've changed?	(I won't get cross anymore)
In relation to the problem, what are you best at..Starting, Stopping or Maintaining?	(eg. Starting)
And what are you worst at? ..Starting, Stopping or Maintaining?	(eg. Stopping) (Change the "stopping into Having now")
What are you not having that you want to have ? Or What are you not doing that you want to do ? Or What are you not Being that you want to be ? <u>You now have (The Intention)</u>	(eg: Calmness)
It's not only about (opposite problem), isn't it?	(eg: It's not only about not angry, isn't it?)
Anything less than total (opposite problem), isn't the "being, doing or having" the (Intention).	(eg: Anything less than totally not angry isn't (being, doing or having) the calmness?