

RETRAIN THE BINARY BRAIN

- 1) **Choose a belief, thought or experience you've had, that you don't want anymore.**
- 2) **Write them in the left column and pause and observe the emotions that follow these beliefs and thoughts.**
- 3) **Now, simply write the opposite of that thought or belief on the right column and notice those emotions.**
- 4) **Be willing to believe it's just as true!**

REWRITE YOUR SCRIPT

