

The D.E.B.A.R Method

This method is to help you 'FEEL BETTER' than you do right now.

It is a simple way to understand what you are thinking NOW and move to a quicker to a place you WANT TO BE and FEEL BETTER.

This is the quick steps on this method.

D = Dissect

E = Emotion

B = Belief

A = Action

R = Results

Step 1:

1. Print off The D.E.B.A.R. Method Template
2. Dissect your thoughts and write one circumstance or fact in the "D" section.
3. Name Your Emotion that goes along with your thought using one or two words. Now describe what your body is doing and write it all down in the "E" section. (e.g. – angry or mad – frown on face, burning in stomach, fists clenched)
4. What do you believe or think about your thought right now and write it on the "B" section.
5. What actions are you doing or not doing when you think about that thought? Write it down.
6. What results are you getting or not getting? Write that down.

Now look over your answers and ask yourself this question...

HOW IS THAT WORKING FOR ME?

Most likely it is not, and that is why you are doing this exercise.

So now you are going to flip it.

Step 2:

1. Write down the same circumstance or fact from the above Dissection and put it in the “D” section. (Note: this will NEVER change, as this is the part of life that you cannot control EVER!)
2. What emotion do you WANT to feel about the dissection of your thought? Write down 2 words describing it and what you want your body language to be like.
3. What do you believe when you have that emotion you described above? What do you want to believe about the situation? Write it down.
4. What actions do you take or not take when you feel and believe the flipped version? Write it down.
5. What results do you want? Write it down.

Now if you were true to yourself on the FLIP version, you actually have made yourself ‘FEEL BETTER’. You are actually having a little light brought into your heart, you are feeling lighter and very much feeling that ‘INNER SMILE’.

The more you do this exercise with things that come up in an uncomfortable way, the more you will be set free of your programmed thinking of the past.

RE-READ Step 2:

FEEL what it would FEEL like to be.

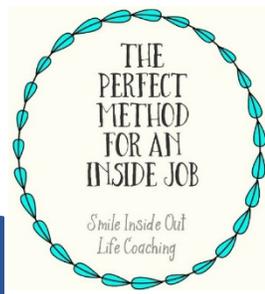
BELIEVE what you are THINKING to be true.

Decide to act in a way that you are being true to your new way of thinking.

The more you do this above version, the more you will get your desired results.

The brain does not know the difference between **Mentally** doing or **Physically** doing.

Which means you can **THINK FOR CHANGE!**



The D.E.B.A.R. Method

D :

E :

B :

A :

R :

THE FLIP:

D :

E :

B :

A :

R :