

SOLUTION-FOCUSED BELIEFS SEG. 5

INTRODUCTION: This exercise is designed to examine and change your current beliefs that may be restricting your ability to change.

STEP ONE: Identify a challenge in your life that you've struggled to overcome. You might feel frustrated, angry, discouraged, or just plain stuck. Describe the situation below.

STEP TWO: Do your best to identify the subconscious beliefs that you have that are holding you in that place emotionally. To help get you started, there's a few common beliefs listed below. Check any of those that you believe fit, and then consider others you might have.

Things will never change.

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Trying is pointless.

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I've done everything I can.

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He/she's not capable of....

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STEP THREE: Now it's time to tap into the power of the solution-focused assumptions. Each assumption below is followed by a companion question to help your mind unlock and explore ideas and perspectives you may not have previously considered. Give yourself ample time to thoughtfully ponder each one, and write down your impressions. You may need to look for answers to these questions throughout the week.

"You get what you focus on."  When you honestly step back and think about it, where have you chosen to focus your attention and energy?

“There are exceptions to every problem.”



No matter how small or infrequent they may be, what are the exceptions to this challenge?

“All people have strengths and resources to solve their problems.”



What strengths and resources do you and the other person have that can help you overcome this challenge?

“To resolve a complaint, you don’t have to know the cause: Create beats eliminate.”



If you woke up tomorrow and the challenge had somehow been magically solved, what would things be like?

“Small change leads to big results.”



What are the smallest changes you can imagine that could start making a positive impact on this challenge?

“Power and influence increase when you focus on what is possible and changeable.”



What changes that are completely within your control will you begin making this week?

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STEP FOUR: Over the coming weeks and months, read and reread these notes until you find yourself thinking, talking, seeing and believing differently! To help build your momentum, don't forget the last solution-focused assumption:

“You can solve problems by identifying and amplifying change.”



Be vigilant for any positive changes you see related to this challenge, no matter how small! Record those changes below.

A large, empty rectangular box with a light purple background, intended for writing responses to the instruction above.