



# The Four Boxes

Adapted from Dr. Maria Nemeth, PhD

Often times, we feel powerless to change our behavior, habits, and other people. No amount of will-power or self-discipline seems to get a new result.

*In the process we can become defeated, exhausted, and dissatisfied. Simply focusing on changing our behavior is not enough.*

The key is to first uncover the underlying belief or conclusion. Once this has been uncovered and observed to have been running us, then we will have a choice about the conclusion we put our attention on. Choosing a new conclusion automatically produces different behavior and habits. After consciously choosing conclusions we want to focus on, we feel **empowered, energized, and satisfied**.

Use the following worksheet to help you uncover what conclusion you're assuming and operating according to, and consciously choose a new one.

