

The Four Boxes

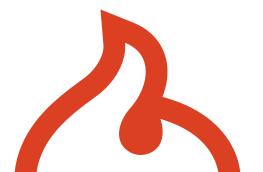
Adapted from Dr. Maria Nemeth, PhD

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.





Conclusion

- About self, others, or circumstances
- Unconscious
- The only box you may choose

New Conclusion

Evidence

• To support conclusion

How Others Show Up

 Automatic energetic response to the way I show up

How I Show Up

Fight, Flight, or Freeze

- Informed by conclusion
- Automatic
- Unchangeable, in and of itself