The Mattress...

5a Norms

5b I'd rather appear … | than …

5c | 5d

4 Escape Decisions

3 Worst Danger

2 Confirming Events

1a Parent's motto (success)

1b Ambiance

12 Conclusion/Belief

8a Knee-Jerk Reactions

8b Justifications

17 True Anxiety

18 Benefits (8a/8b/5b)

F

13 Where are the places in my life that I tend to use 8,11,12 the most?

11

14 Mattress Prep

DDI

6 Proofs

7 Future Proofs

15 What are things you are bad at?

10a Easy Failures

10b Hard Failures

The High

20 Benefits

19a Unconcious goal

19b the Ultimate

S

16 How do I discredit

9 Costs (8ab/5b/11/12) | Costs (13 & 14) | Costs

© 2007 Nuer