

## *Establishing A New Value*

This is a tool to be used for a variety of situations (problems, beliefs, thoughts, ideas, behaviors). As such, some questions may not apply to all situations. The repetition is by design for the purpose of covering all perspectives and levels of awareness. Best results are possible when you challenge yourself to avoid a quick, “I don’t know” response.

Identify the ***unwanted*** behavior (or belief) specifically:

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Identify the ***wanted*** behavior (or belief) specifically:

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### **THE EGO AGENDA**

1. How does your ego value the ***unwanted*** behavior? In other words, what are the ego-based gratifying outcomes that result from the ***unwanted*** behavior? For clarification, answer the following questions.

How does this behavior eliminate or minimize painful ego-based anger, sadness, guilt, or fear:

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How does this behavior create an ego-based gratifying experience:

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How does this behavior create a perception of ego-based of power and control:

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How does this behavior create a perception of ego-idealization:

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**EGO MAINTENANCE**

2. How have I used ego maintenance to engage in the ***unwanted*** behavior?  
(Get real honest with yourself, and think from an ego perspective).

I have ignored the negative outcome(s) of this behavior by:

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I have told myself this behavior okay because:

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I have told myself this behavior is not bad because:

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I have told myself this behavior is good because:

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I have told myself this behavior is smart/clever/superior because:

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3. What are the additional defending or supporting ideas, thoughts, feelings, and gratifications of the ***unwanted*** behavior?

It's okay for me to get *my way* through this behavior because:

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It's okay for me to reduce my *sadness/loss* with this behavior because:

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It's *right* for me to engage in this behavior because:

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It's okay for me to reduce my *fear/worry* through this behavior because:

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It's okay for me to feel *good* through this behavior because:

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**BELIEF SYSTEM SOLUTION**

4. Correct the above defending or supporting ideas, thoughts, feelings, and gratifications of the ***unwanted*** behavior? Why is the ***unwanted*** behavior wrong? Refer back to the specific ways that you just made it “ok”, and refute them.

It is wrong for me to get “*my way*” like this because:

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It is wrong for me to reduce my *sadness/loss* like this because:

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It is wrong for me to reduce my *fear/worry* like this because:

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It is wrong for me to feel *good* like this because:

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5. How does the ***unwanted*** behavior **conflict** with my Belief System?

This is how the unwanted behavior conflicts with my *values*:

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This is how the unwanted behavior conflicts with my *morals*:

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This is how the unwanted behavior conflicts with my *expectations* of myself:

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This is how the unwanted behavior conflicts with my *self-image*:

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6. These are the current, eventual, or potential negative **consequences** of the ***unwanted*** behavior.

Emotional consequences:

*Mad* – my anger is:

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*Sad* – my loss is:

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*Bad* – my guilt is:

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*Fear* – my fear or worry is:

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Consequences to self:

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Consequences to others:

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Other consequences:

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7. Refer back to the ***above*** conflicts and negative consequences as needed. If and/or when you engage in the ***wanted*** behavior, describe how those consequences and conflicts are eliminated.

This is what I *gain* when engaging in the wanted behavior:

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Conflict with my *morals* is eliminated by ("*I now feel proud because*"):

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This is what I look *forward* to:

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This is who I *become*:

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Other positive outcomes:

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8. These are the specific Belief System entries I establish or emphasize in support of the **wanted** behavior.

*Values:*

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*Morals:*

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*Expectations:*

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*Self-Image:*

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**THE CONSCIOUS MANAGEMENT OF FEELINGS**

9. I would need to establish the following methods of feeling management related to the ***unwanted*** behavior. This feeling management would support and maintain the ***wanted*** behavior.

This is how I manage feelings of *anger* that would interfere with maintaining the ***wanted*** behavior:

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This is how I manage feelings of *sadness* that would interfere with maintaining the ***wanted*** behavior:

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This is how I manage feelings of *guilt* that would interfere with maintaining the ***wanted*** behavior:

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This is how I manage feelings of *fear* that would interfere with maintaining the ***wanted*** behavior:

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**THE CHOICE**

10. Take all this new information and name the ***wanted new*** behavior. (Give the wanted behavior a name that is relatively brief, easy to remember, and catchy).

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Now read over the information until you have clearly concluded that the new behavior is in your best interest!