Determination technique worksheet

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| **Nr.** | **Instruction** | **1st circle** | **2nd circle** | **3rd circle** | **4th circle** | **5th circle** | **6th circle** | **7th circle** |
| 1. | **Goal Formulation** |  | | | | | | |
| 2. | **Goal’s Higher Purposes** |  | | | | | | |
| 3. | **Could I fail? If yes, why?** |  |  |  |  |  |  |  |
| **Defeating perception formulation** |  |  |  |  |  |  |  |
| 4. | **Opposite belief/assumption** |  |  |  |  |  |  |  |
| 5. | **Is there any reason why it would not be good to succeed?**  **If yes, why?** |  |  |  |  |  |  |  |
| **Defeating perception formulation** |  |  |  |  |  |  |  |
| 6. | **Opposite belief/assumption** |  |  |  |  |  |  |  |
| 7. | **MH statement for every circle** |  | | | | | | |