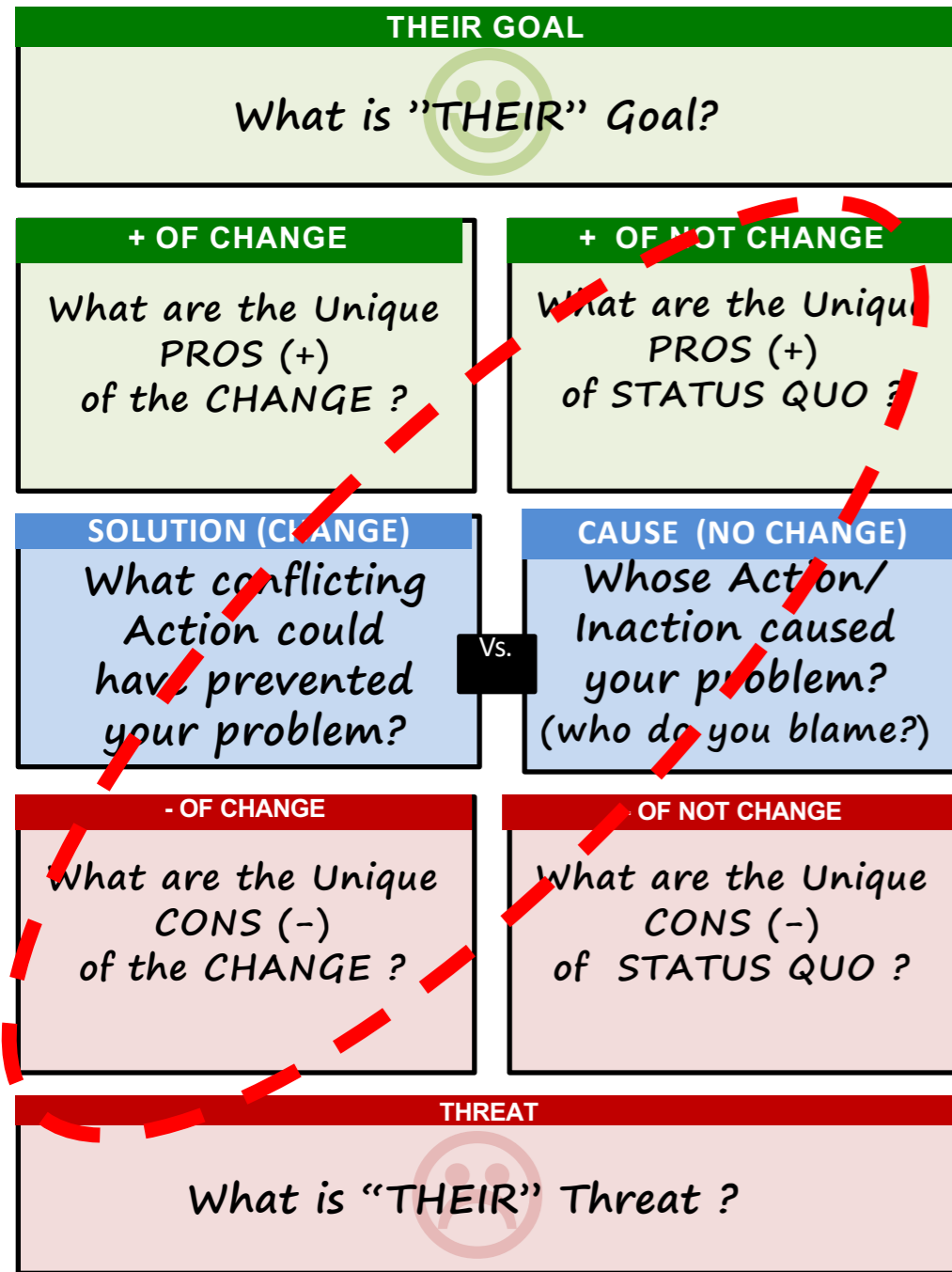


# Step 2b

## THEIR Conflict

- the one I blame for causing my problem



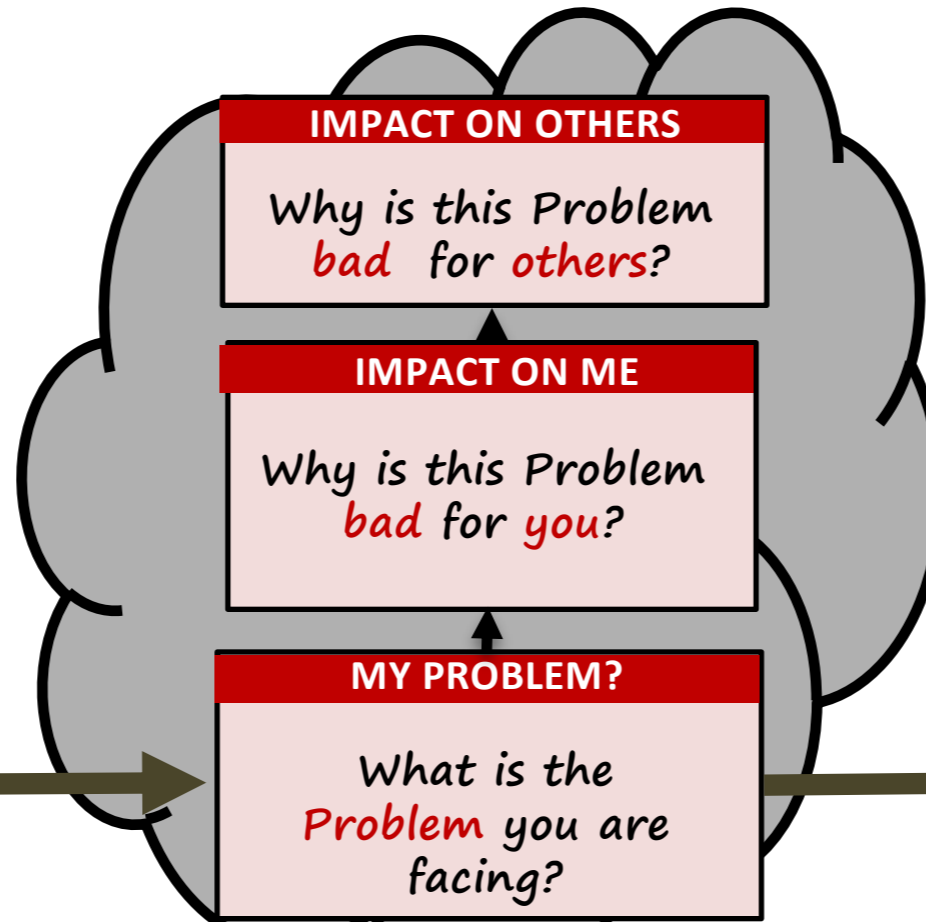
We often **RESIST GOOD CHANGES**

because of **exaggerated FEARS** of **LOSS** or **RISK**

# Step 1

## MY Problem

and why its important

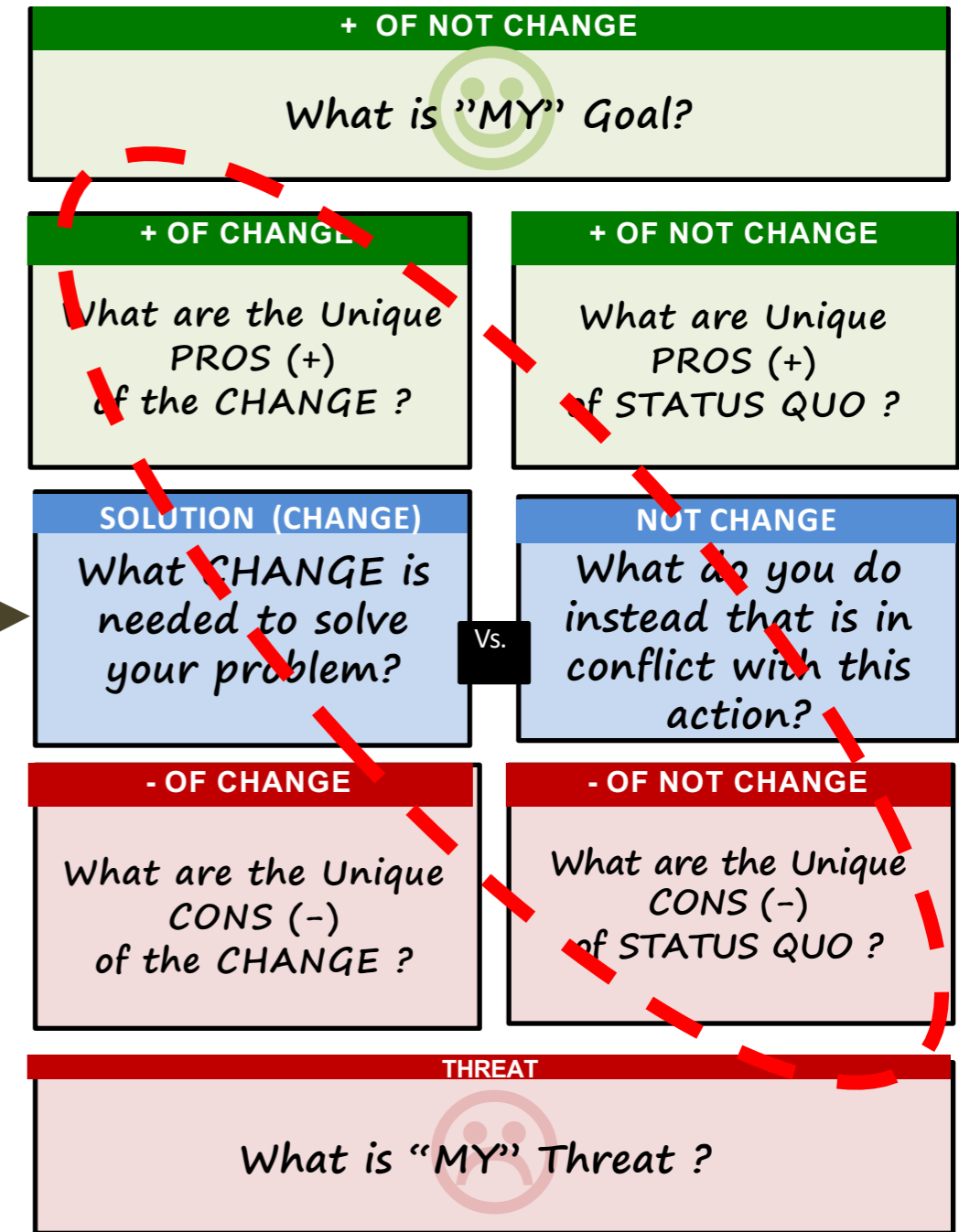


Imagine this is you...

# Step 2a

## MY Conflict

in dealing with my problem



We sometimes **MAKE BAD CHANGES**

because of **exaggerated FRUSTRATIONS** or **EXPECTATIONS**