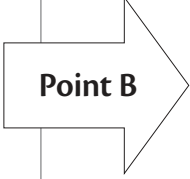


CHANGING DISTRESS INTO SUCCESS

Present:	Future
<p>Step 1. Indicating emotion (How do I feel right now?)</p>	<p>Step 2. Projected event:</p> <p>Step 3. What unwanted aspect am I focusing on?</p> <p>Step 4. (Point B) What would I like to see happen?</p>
<p>Step 5. My negative expectations about the situation.</p> <p>Point A (Where I am)</p>	<div style="text-align: center;">  </div> <p>Step 6. New thoughts to build my future (present tense) and bring me closer to what I want.</p> <hr/> <p>Point B (Where I want to be)</p> <p>Step 7. What details can I think of and what actions can I take to grow my thought into a belief?</p> <ol style="list-style-type: none"> 1. 2. 3.