

# Finding Handles

## **Belief**

What do I believe about myself or others or life because of this situation?

## **Story**

What is the story that I am telling myself about this situation?

## **Thought**

What is my overriding thought in this situation?

## **Problem**

What is the problem in this situation?

OR -- What is the problem and what fear lies beneath this problem?

## **Self-Centered Survival Fear**

What is my self-centered survival fear in this situation?

## **Survival Reaction**

What is my survival reaction in this situation?

(Examples: wanting to confront or run away, freezing up, going silent or numb, people-pleasing)

## **Pattern**

Is there a pattern in this situation that has repeated itself in my life?

## **Emotion**

What am I feeling about this situation?

(Might help to look at a list of feelings and pick out the strongest feeling)

## **Sensation**

What am I feeling in my body? Where is this sensation?