

GOAL: Write a book

DRAGON: I am not _____ enough

DEFINE THE TERMS: Enough = adequately good for the circumstances (web)

BELIEFS: BELIEFS/THOUGHTS	CONSEQUENCE: FEELING, AND ACTION
<p>I lack what is necessary to write a book.</p> <p>Even if I write the book, I don't have the time or money to publish it.</p> <p>I don't have a degree.</p> <p>No one wants to read what I have to say.</p>	<p>I feel Helpless, I don't even begin.</p> <p>I feel sad, I don't even begin.</p> <p>I feel stupid, I overly criticize myself.</p> <p>I feel hurt, I get stuck in a cycle with my writing, or get writers block.</p>

EVIDENCE IT IS TRUE	EVIDENCE IT IS FALSE
<p>I do not have a degree.</p> <p>I am broke right now.</p> <p>I don't know how to use a comma.</p> <p>I don't spell words correctly.</p>	<p>At least ONE other person, has read my writing and given me good feedback.</p> <p>I don't know how much money I will have by time I finish writing a book.</p> <p>I don't actually know "what it takes" to write a book, as I have never done it.</p>

WHAT WOULD YOU DO DIFFERENTLY IF YOU WERE INCAPABLE OF THINKING THE THOUGHT? I would write it because I want to write it, and I wouldn't worry about the future of it, or what anyone else thinks about it.

A MORE ACCURATE STATEMENT: I want to write a book. I still have research to do regarding publishing and possibly ghost writing, to cover the areas that I do not feel confident in





SESSION 2: TAKE THEM TO COURT

GOAL: _____

DRAGON: _____

DEFINE THE TERMS: _____

BELIEFS: BELIEFS/THOUGHTS	CONSEQUENCE: FEELING, AND ACTION

EVIDENCE IT IS TRUE	EVIDENCE IT IS FALSE

WHAT WOULD YOU DO DIFFERENTLY IF YOU WERE INCAPABLE OF THINKING THE THOUGHT? _____

A MORE ACCURATE STATEMENT: _____

