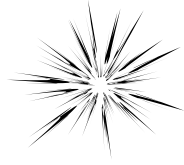




# I ALWAYS HAVE A CHOICE

by Diederik Wolsak



Something Happens



*I choose the feelings I experience*



I interpret what happened  
based on who I think I am,  
based on my beliefs about myself.



Now I have a choice



"Victim" or revenge cycle



Freedom cycle



"Why?"



"What is this for?"



Anger



I choose to be curious:  
What can I learn from this?  
What mistaken belief has been  
triggered?



Resentment

Revenge



Powerless

Alone



Hopelessness

I can correct that belief.



I choose to use the  
Six Steps to Freedom Process

