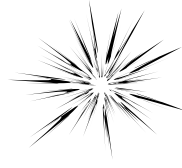




WHEN TO USE THE SIX STEPS TO FREEDOM

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 me?)



I choose to be curious



Anger



What is this for?



Resentment



Revenge

What can I learn from this?
What mistaken belief has been triggered?



Powerless



Alone

I can correct that belief



Hopelessness



I choose to use the Six Steps to Freedom Process

