

Beliefs

Contents

- Understanding Beliefs
- * Frameworks to Explore Belief Systems
 - Belief Assessment Worksheet
 - ~ S. C. O. R. E
- * Working with Limiting Beliefs
 - possibility of change
 - ~ wanting to change
 - ~ how to change
- * Organic Belief Change / Museum of Old Beliefs
- * Timeline Reimprinting
- * Preparation for Certification weekend

References

"Changing Belief Systems with NLP" Robert Dilts

"Beliefs, Pathways to Health and Well-Being" Robert Dilts