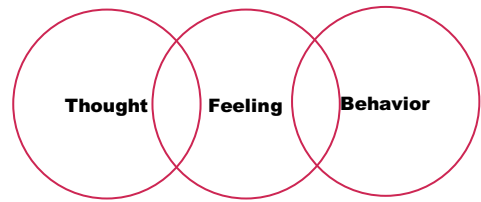


RealSteps: FOO Challenge

WEEK 2



Thought



Feeling



Behavior



* Pick a reoccurring experience or thought or feeling.

*Explore your FOO origin story for that thought or feeling or behavior.

*What do you "believe" because you were kind of brainwashed to believe?

*What did your family do or not do that made this t/f/b a reality?

*What do you think about this belief now?

* How is it serving you to hold on to it?

*How is it hurting you to hold onto it?