Project

- Get yourself a piece of paper and write down any of the unhelpful beliefs that you think apply to you.
- For each of them, write down the more helpful belief. This might be a question of simply copying down what I've written above, or you might want to put it into your own words.
- Replay a recent situation where your unhelpful beliefs have led you to appraise a situation badly and react in an irritable and angry way. Replay how you would have seen the situation if you

had had your more helpful beliefs in place, and what you would have done. (For example, if you are Omar you would replay sitting at the bar by the door, now believing that people, even those who leave doors open, are basically okay, appraising the situation differently and asking, in a proper friendly way, each person to close the door). Make it a good vivid replay in your mind.

- Most important of all, practise your new beliefs, seeing every situation through the eyes of someone who has these new beliefs, or through the eyes of a role model you've settled on. Then match your behaviour to your new perceptions – just as Omar would do in the previous point.

- Each time you achieve your goal, review that success and enjoy the moment. Review how your new beliefs helped, and how your new behaviour was in line with those beliefs. If you 'let yourself down', review the incident the way you would have preferred it to have gone. Pretty soon you will have lots of 'good' reviews and not many of the other sort!