

YOUR BUFFERING BELIEF SYSTEM

*BY DOING THIS WORKSHEET, YOU WILL UNDERSTAND WHAT BUFFERING LESS
MEANS TO YOU.*

*DO YOUR ANSWERS SEEM LOGICAL OR DO YOU HAVE SOME ILLOGICAL
THOUGHTS HERE?*

WHAT WOULD HAPPEN IF I SNAPPED MY FINGERS AND YOU
SUDDENLY DID NOT DESIRE {INSERT BUFFER} NOW? WRITE DOWN
ALL THE FEELINGS YOU HAVE.

IS IT REALLY THE {INSERT BUFFER} YOU WANT OF THE FEELINGS YOU
BELIEVE THE {INSERT BUFFER} WILL BRING (OR FEELING THE BUFFER
WILL DIFFUSE)?

WHY OR WHY NOT?

IF YOU DID NOT DESIRE {INSERT BUFFER}, WHAT WOULD YOU BE THINKING?

WHAT ARE YOU THINKING NOW?

WHAT FEELINGS ARE YOUR CURRENT THOUGHTS CREATING?
