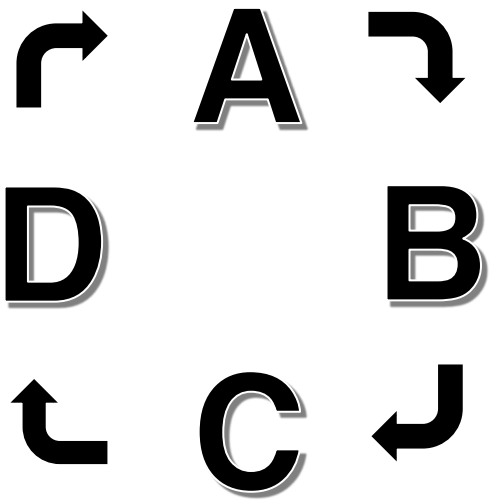
EDIFY
Building the Soul



ACTIVATING EVENT	What is triggering me?
BELIEF	What is the story I am telling myself? Is it truth? What is the source of my thought?
CONSEQUENT EMOTION	What emotion is being activated? How is it driving me?
DICTATED BEHAVIOUR	How am I reacting? Am I trying to connect or self-protect? Is it constructive or destructive?
ACTIVATING EVENT	In what way has my behaviour feeding the activating event and my belief?