



*How to shift from reactive listening and get back above the line*

- Recognize that you are in a reactive thought pattern and choose to STOP IT
- Clarify what it is you and others are committed to. Having a declarative statement helps keep this present in your mind.
- Expose the incorrect belief in the background, go to that belief and give yourself what you need to clear it
- Make a new choice

Create goals. Live possibility. Be happy.