Working Chart for Determination Technique

END

NO

1- GOAL:

2- Higher purposes/benefits:

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**Why? The answer (defeating perception):**

YES

3- Could I fail?

**DTI+ 5 times, MH statement: *I am determined to achieve my goal because I want to…***

**DTI+ 5 times, positive perception as the MH statement:**

**4- Am I sure the defeating perception is true?**

NO

**DTI+ 5 times, MH statement: *I am determined to achieve my goal because I want to…***

**7- MH statement: *I am absolutely and completely determined to achieve my goal because I want to…***

Feel it.

YES

**6- Am I sure this limiting perception is true?**

NO

NO

**DTI+ 5 times, positive perception as the MH statement:**

YES

**5- Is there any reason why it would not be good to succeed?**

**What exactly is that reason? The answer (limiting perception):**

YES