

# FRAMEWORK FOR HEALING BUILD-OUT INSTRUCTIONS

**Step 1-** Choose a distortion. **Write it in RECTANGLE 2 of your build-out template.**

**Step 2-** Reflect on the last time you attended an event that reinforced the distortion you've selected. How did it make you feel? Example: Distortion –"My worth is determined by my performance." Event – "My poor performance leaves me thinking I'm worthless. **Choose six disruptive emotions and write them in RECTANGLE 3 on the same build-out.**

**Step 3-** Now reflect on the last time you were inundated with those emotions. How did you respond or act out? Select six dysfunctional lifestyle choices. **Write your choices in Rectangle 4 of your build-out.**

**Step 4-** Consider any early life events or messaging that may have contributed to the formation of this distortion. Identify key moments or influences and **document them in RECTANGLE 1 of your build-out on page 6. If needed, refer back to the "Impactful Events" section for additional insight.**