

The Belief Experience Chain (Robert Dilts)

1. What is the **Main Experience** here? (ME)
2. Where is your **Attention**? (A)
3. What is the main feeling or **Emotion** here? (E)
4. What is the **Positive Intention** of this experience? (PI)
5. If your life was making a **Statement** or asking a **Question**, what might that be? (S/Q)
6. What is the **Belief** here (or How come it's that way)? (B)

So the general **Experience** is _____, the **Attention** is on _____, the main **Emotion** is _____, the **Positive Intention** is _____, the **Statement (or Question)** your life is making is _____, and the main **Belief** that is running is _____.

present state (ps) -1

ME: _____

A: _____

E: _____

PI: _____

S/Q: _____

B: _____

present state (ps)

ME: _____

A: _____

E: _____

PI: _____

S/Q: _____

B: _____

present state (ps) +1

ME: _____

A: _____

E: _____

PI: _____

S/Q: _____

B: _____