Thinkers, Feelings, & Do'ers: Creating Acceptance and Change

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1. **Primary Orientation to Change:**
    a. **For Thinkers:**
        i. How is my thinking getting in the way of creating acceptance and change?

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        ii. How is my thinking helping me to create acceptance and change?

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        iii. How can I use my thinking to help create acceptance and change going forward? Can I use logic to create acceptance?

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    b. **For Feelers:**
        i. How are my emotions getting in the way of creating acceptance and change?

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        ii. How are my emotions helping me to create acceptance and change?

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        iii. How can I harness my emotions to help create acceptance and change going forward? Can I use validation of my emotions to create acceptance?

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    c. **For Do'ers:**
        i. How are my actions getting in the way of creating acceptance and change?

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ii. How are my actions helping me to create acceptance and change?

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iii. What behaviors can I engage in to create acceptance and change? What thoughts and emotions should I pay attention to for help in creating acceptance?

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2. **<u>Secondary Orientation to Change:</u>**
   a. **<u>For Thinkers:</u>**
      i. How is my thinking getting in the way of creating acceptance and change?

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      ii. How is my thinking helping me to create acceptance and change?

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      iii. How can I use my thinking to help create acceptance and change going forward? Can I use logic to create acceptance?

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   b. **<u>For Feelers:</u>**
      i. How are my emotions getting in the way of creating acceptance and change?

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      ii. How are my emotions helping me to create acceptance and change?

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iii. How can I harness my emotions to help create acceptance and change going forward? Can I use validation of my emotions to create acceptance?

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c. **For Do'ers:**

i. How are my actions getting in the way of creating acceptance and change?

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ii. How are my actions helping me to create acceptance and change?

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iii. What behaviors can I engage in to create acceptance and change? What thoughts and emotions should I pay attention to for help in creating acceptance?

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