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## 10 Useful Beliefs (that are not necessarily true...)

- 1.If it's possible in the world then it's possible for you. It's just a matter of how
- 2.People are doing the best they can with the resources they have available at that time
- 3.The mind and body are one system – they affect each other
- 4.The meaning of the communication is in the response you get
- 5.You cannot not communicate
- 6.The map is not the territory - reality is a construct
- 7.All behaviour has a positive intention
- 8.There is no failure, only feedback
- 9.People have all the resources they need to make the changes they want
- 10.The person with the most flexibility and choices will have the most influence