

PROBLEM SOLVING

Examine each of the “why” beliefs following the steps from “7 Steps to Problem Solving”.

Step 1: Why Belief #1:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Step 1: Why Belief #2:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Step 1: Why Belief #3:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Step 1: Why Belief #4:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Step 4: Alternate Belief #1:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Step 4: Alternate Belief #2:

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against:
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Step 6: Importance Percentage:

Explanatory Style Rankings (Steps 3)

	Me/Not Me	Always/Not Always	Everything/Not Everything
Why Belief #1:			
Why Belief #2			
Why Belief #3			
Why Belief #4			
Alternative Belief #1			
Alternative Belief #2			

Step 1: Why Belief #1: “My boss doesn’t respect my private life.”

Step 2: Initial Causation Percentage: 75%

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for:	Evidence against: (1) boss sent champagne to hotel room when my partner and I went on vacation. (2) Boss insisted we go to dinner on the company. (3) Boss disrupted his own vacation plans so that I could keep mine.
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Step 6: Importance Percentage: 35%

Step 1: Why Belief #2: “My spouse expects too much of me.”

Step 2: Causation Percentage: 25%

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for: (1) No evidence for this cause	Evidence against:
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Step 6: Importance Percentage: 0%

Step 4: Alternate Belief #1: “I have a hard time saying no to my boss.”

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for: (1) Uncomfortable opposing boss around working hours.	Evidence against: (1) Was fine opposing boss with regard to business decision.
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Step 6: Importance Percentage: 15%

Step 4: Alternate Belief #2: “I’m bad at time management. If I could just plan out my week better, I wouldn’t have to work so many weekends. I’d get more time to spend with my family and our friends.”

Step 2: Causation Percentage:

Step 3: Explanatory Style:

Totally due to me	1 2 3 4 5 6 7	Totally due to other people or circumstances
Will always be present	1 2 3 4 5 6 7	Will never again be present
Influences everything in my life	1 2 3 4 5 6 7	Influences just this one situation

Step 5: Test Your Belief:

Evidence for: (1) I overextend myself during the week and have to work weekends.

Evidence against: (1) Time management in areas other than work well for me.

Step 6: Importance Percentage: 50%

Explanatory Style Rankings (Steps 3)

	Me/Not Me	Always/Not Always	Everything/Not Everything
Why Belief #1:	6	2	1
Why Belief #2	6	3	3
Alternative Belief #1	2	5	4
Alternative Belief #2	1	5	6