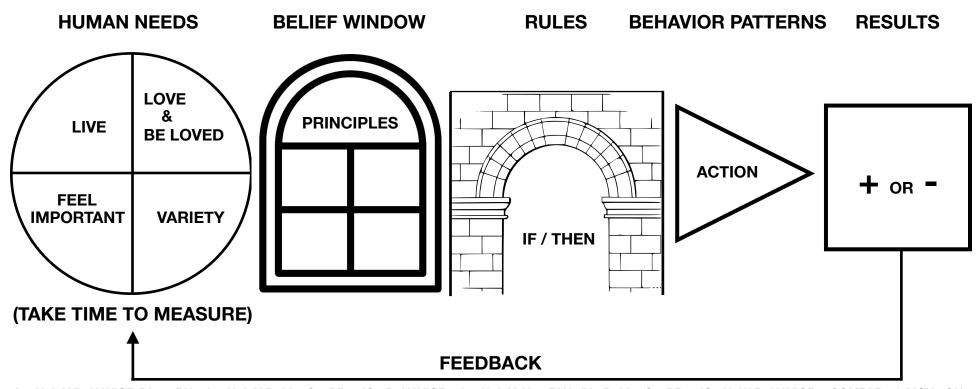
## The Reality/Behavior Model By Hyrum W. Smith



IDENTIFY BEHAVIOR PATTERN > IDENTIFY BELIEFS > PREDICT BEHAVIOR > IDENTIFY ALTERNATIVE BELIEFS > PREDICT NEW BEHAVIOR > COMPARE & MOVE ON

- 1. If the results of your behavior do not meet your needs, there is an incorrect belief on your belief window.
- 2. Results take time to measure.
- 3. Growth is the process of changing beliefs on your belief window.
- 4. Addiction is the result of deep and unmet needs.
- 5. If your self-worth is dependent on anything external, you are in big trouble.
- 6. When the results of your behavior do meet your needs over time, you experience inner peace.
- 7. The mind naturally seeks harmony when presented with two opposing beliefs.