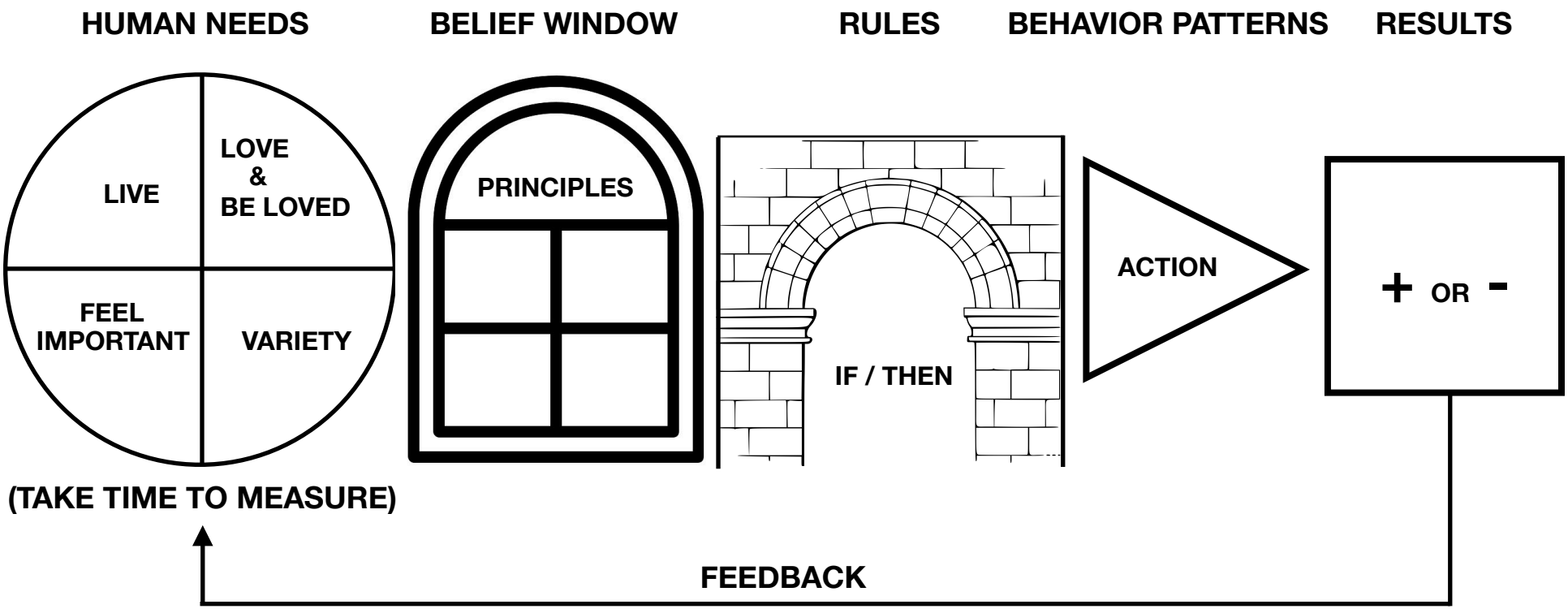
The Reality/Behavior Model By Hyrum W. Smith



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.