

Behavior Cycle Worksheet

Name: _____ Date: _____ Worksheet #: _____

1. Do you want your Villain to repeat the behavior that squeezed you/pushed your button?
_____ Yes _____ No
2. Does you Villain live in their "Power" most of the time?
_____ Yes _____ No
3. If your Villain lived in their "Power" more often, would they be less likely to repeat the behavior that squeezed you/pushed your button?
_____ Yes _____ No
4. Will your intent to make your Villain feel "bad" about their behavior help them to live in their power, or bring up their negative/false beliefs about themselves?
_____ Live in their Power _____ Bring up Negative Beliefs

Discuss These Points With Your Mentor:

5. Based on your answer to #4 above, have you helped your Villain live "Out of the Matrix," or have you worked to keep them and yourself stuck "In the Matrix?"
6. Can you apply the same philosophy to your own mistakes? Does making yourself feel bad about mistakes serve to keep you stuck "In the Matrix" or does it work to help you live "Out of the Matrix?"
7. Should mistakes be used as reasons to feel bad about ourselves or should they be used to learn from so that we don't repeat them?