

## B. S. Detector / ReBUTtal

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A mind game designed to empower your Belief System with positive self-talk. Repeat as necessary.

In the Rules of Competitive Debate, two speakers are each given an equal and finite amount of time to speak. The first speaker supports the topic and the second speaker challenges the reasonableness of the stated evidence. The judge determines which side is believable and which side is full of B. S. (Belief System) that can be eliminated. Beliefs are not necessarily facts. BUT, one always acts AS IF their belief is fact. Beliefs change easily with new evidence.

In the rules of psycholinguistics, the magic word **BUT** eliminates everything that precedes it in a sentence. This technique uses re-but-tal to automatically cancel out limiting beliefs.

In this mind game, YOU are both the debaters and the judge. The winner is the one with the empowered B.S.

Think about a belief that is stopping you from reaching a goal. Write it on the top line. Now, provide your evidence. The left-side column, contains the stream of inner dialogue used as evidence for the thought. The right-side column is used to re**BUT** each belief statement with evidence to support a better feeling perception. Notice how quickly 'the judge' can dismiss that old limiting belief when you provide robust evidence to the contrary.

### Limiting Belief:

**Evidence:** (List evidence supporting the belief before moving on to the right path →)

**BUT!**: (Intentionally find reBUTtals for each statement on the left to empower a better-feeling belief. Repeat as necessary!)

A reframe is an excellent way to break the momentum of a negative thought experience.

The truth is, you are always doing the best you can with the information you have at hand. And, as soon as you get better information, you automatically do better.

Use awareness to debate your own limiting thoughts.

As soon as you notice momentum compounding the suggestion of a limit, for yourself or for a client, use the B.S. ReBUTtal Technique. Go looking for evidence to support the opposite of the limiting statements and discover how easy it is to use your imagination and common sense to find supporting statements for a better feeling belief.

You will always get what you go looking for. Why not go looking for what you want instead of what stops you from getting it.

Be your own best friend.

Use the B. S. ReBUTtal Technique for yourself (or your clients) and move into a better feeling state whenever it is needed the most.