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B. S. Detector

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A mind game designed to empower your Belief System with a different perspective. 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 allows the observer to use a re-but-tal to change limiting beliefs through a magical perspective pivot.
In this mind game, YOU utilize all positions - 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 1st Person stream of inner dialogue as seen through your eyes.
The right-side column is used to see it from a different perspective.
Notice how quickly the observer can discover a solution or better feeling belief.

Limiting Belief:

1st Person: (List evidence supporting the belief before moving on to the right path ⟹)	**2nd Person** (Intentionally discover a different perspective for each statement on the left. Repeat as necessary!):
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
Continue on the back if necessary	Continue on the back if 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 can automatically shift the way you perceive it.
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. Detector Technique.
Go looking for a different perspective on 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. Detector for yourself (or your clients) and explore a different perspective for a change.

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