

Diamond Method

The Diamond Method is an original personal growth system of healing your life and creating happiness, love, and a life of more meaning. This form is just a small sample of an exercise to start you on the process.

1. Think about a current issue in your life that is upsetting and briefly describe the situation.
2. What is the challenge for you? Others?
3. Describe your pattern or issue. What is it that you do in situations like this that does not work for you? How does it create negative feelings instead of positive? How is that like your mother or father? Where and how do you think you learned it? If you could look at your behavior in an objective manner, write the clearest and most uncomplimentary negative description of the behavior(s).
4. What do you think you could do about it? What are several different options you could take? How could you change your beliefs about the situation? How could you change your behavior about the situation? Are there things others might do to assist you or make it easier for you? Is there anything they could do differently that would change the situation?
5. Write an action plan that will help you go from where you are to where you want to be regarding this situation and the more global behavior pattern. How will you celebrate each step?
6. Write the outcome goal describing your behavior in specific, positive terms as if it is true today. How will you feel when it's true?
7. How might you sabotage this action plan and new behavior? What negative thoughts might you have about yourself that could prevent you from doing the positive behavior?
8. What can you do to prevent or stop your sabotaging behavior?
9. What are your first steps toward changing your behaviors?