

ARC PART I
ACCOUNTABILITY
0-18 mos

1. List all of the events, experiences, and relationships in which you experienced emotional, physical, mental, or relational injury, pain, fear, shame, abuse, and/or disrespect.

2. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to yourself.

3. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to others.

ARC PART I
ACCOUNTABILITY
18 mos - 3 yrs

1. List all of the events, experiences, and relationships in which you experienced emotional, physical, mental, or relational injury, pain, fear, shame, abuse, and/or disrespect.

2. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to yourself.

3. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to others.

ARC PART I
ACCOUNTABILITY
3 - 6 yrs

1. List all of the events, experiences, and relationships in which you experienced emotional, physical, mental, or relational injury, pain, fear, shame, abuse, and/or disrespect.

2. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to yourself.

3. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to others.

ARC PART I
ACCOUNTABILITY
6 - 12 yrs

1. List all of the events, experiences, and relationships in which you experienced emotional, physical, mental, or relational injury, pain, fear, shame, abuse, and/or disrespect.

2. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to yourself.

3. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to others.

ARC PART I
ACCOUNTABILITY
12 yrs - present

1. List all of the events, experiences, and relationships in which you experienced emotional, physical, mental, or relational injury, pain, fear, shame, abuse, and/or disrespect.

2. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to yourself.

3. List all of the events, experiences, and relationships in which you caused emotional, physical, mental or relational injury, pain, fear, shame, abuse and/or disrespect to others.

ARC PART II
ACCOUNTABILITY
PATTERNS OF THINKING, FEELING BEHAVING
INVENTORY
0-18 mos

1. List all of your self-limiting beliefs resulting from your accountability of your life events, experiences and relationships.

2. List the feelings associated with these beliefs.

3. List the patterns of behavior associated with these beliefs.

ARC PART II
ACCOUNTABILITY
PATTERNS OF THINKING, FEELING BEHAVING
INVENTORY
18 mos - 3 yrs

1. List all of your self-limiting beliefs resulting from your accountability of your life events, experiences and relationships.	2. List the feelings associated with these beliefs.	3. List the patterns of behavior associated with these beliefs.

ARC PART II
ACCOUNTABILITY
PATTERNS OF THINKING, FEELING BEHAVING
INVENTORY
3 - 6 yrs

1. List all of your self-limiting beliefs resulting from your accountability of your life events, experiences and relationships.	2. List the feelings associated with these beliefs.	3. List the patterns of behavior associated with these beliefs.

ARC PART II
ACCOUNTABILITY
PATTERNS OF THINKING, FEELING BEHAVING
INVENTORY
6 - 12 yrs

1. List all of your self-limiting beliefs resulting from your accountability of your life events, experiences and relations

2. List the feelings associated with these beliefs.

3. List the patterns of behavior associated with these beliefs.

ARC PART II ACCOUNTABILITY PATTERNS OF THINKING, FEELING BEHAVING INVENTORY 12 yrs - present		
1. List all of your self-limiting beliefs resulting from your accountability of your life events, experiences and relationships.	2. List the feelings associated with these beliefs.	3. List the patterns of behavior associated with these beliefs.

ARC PART III
VISION
PATTERNS OF THINKING, FEELING, BEHAVING
& ACCOMPLISHMENTS
5 YEARS FROM NOW

1. List all of the self-enhancing beliefs you want to experience 5 years from now.	2. List the feelings associated with these beliefs.	3. List the patterns of behavior associated with these beliefs and the accomplishments.

ARC PART III
VISION
PATTERNS OF THINKING, FEELING, BEHAVING
& ACCOMPLISHMENTS
3 YEARS FROM NOW

1. List all of the self-enhancing beliefs you want to experience 3 years from now.	2. List the feelings associated with these beliefs.	3. List the patterns of behavior associated with these beliefs and the accomplishments.

ARC PART III
VISION
PATTERNS OF THINKING, FEELING, BEHAVING
& ACCOMPLISHMENTS
1 YEAR FROM NOW

1. List all of the self-enhancing beliefs you want to experience
1 year from now.

2. List the feelings associated with these beliefs.

3. List the patterns of behavior associated with these beliefs and
the accomplishments.

ARC PART IV
REACTION - OLD PARADIGM
PHYSICAL

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
PHYSICAL

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION – OLD PARADIGM
INTELLECTUAL/EDUCATION

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
INTELLECTUAL/EDUCATION

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
CREATIVITY

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
CREATIVITY

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
FAMILY

MOM

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
FAMILY

MOM

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
FAMILY

DAD

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
FAMILY

DAD

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
FAMILY

SIBLINGS

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
FAMILY

SIBLINGS

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
SOCIAL RELATIONSHIPS

ADULTS

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
SOCIAL RELATIONSHIPS

ADULTS

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
SOCIAL RELATIONSHIPS

BOYS

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
SOCIAL RELATIONSHIPS

BOYS

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
SOCIAL RELATIONSHIPS

GIRLS

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
SOCIAL RELATIONSHIPS

GIRLS

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
SPIRITUALITY

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
SPIRITUALITY

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
RELATIONSHIP WITH SELF

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
RELATIONSHIP WITH SELF

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
LIFE INVOLVEMENT

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
LIFE INVOLVEMENT

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

ARC PART IV
REACTION - OLD PARADIGM
SEXUAL

Beliefs: _____

Feelings: _____

Behaviors (Specific): _____

ARC PART IV
INTENTION – NEW PARADIGM
SEXUAL

PURPOSE: _____

VISION:

Beliefs Attitudes

Feelings: _____

Behaviors/Goals (Specific): _____

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