

10 Fundamental Claims

- We can not change anyone else.
- Security and control are myths.
- Our body never lies. Our minds might.
- We create our world. Not just perceive it.
- Reality exists in our nervous system. Not out there.
- Emotions are a matter of choice.
- Nothing is wrong - with us, others, or the world.
- What got you here won't get you there.
- All results come from prior conversations.
- We always have a choice.



SUMIT GUPTA

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