

The “What If” Technique

Fear	“What if” Statement	How Would You Handle It?	Strength of Belief (1–10)
Fear	“What if” Statement	How Would You Handle It?	Strength of Belief (1–10)
Fear	“What if” Statement	How Would You Handle It?	Strength of Belief (1–10)
Fear	“What if” Statement	How Would You Handle It?	Strength of Belief (1–10)
Fear	“What if” Statement	How Would You Handle It?	Strength of Belief (1–10)