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## Self-Fulfilling Prophecy (SFP) Chart Instructions

### Box 2: Conclusions

What are your thoughts, beliefs, assumptions, and conclusions about the other person?

### Box 3: Feelings

How do you feel about the other person and your interactions?

### Box 1: My Proof

What are the facts, evidence, and data I have to justify 2 & 3?

### Box 4: Behaviors

Because of these conclusions and feelings (2 & 3) how do you interact this other person? What is your behavior and attitude? What do you say/do? What don't you say/do?

### Box 6: Other Person's Conclusions

Now, put yourself in the others shoes. You are that person. If someone did the behaviors to you in 4, what would you conclude about them? What beliefs, thoughts, and assumptions would you make?

### Box 7: Other Person's Feelings

As a result of what your conclusions in 6, how would you feel?

### Box 5: Other Person's Proof

What are the events, data, observations that justify 6 & 7?

### Box 8: Other Person's Behavior

Because of these conclusions and feelings (6 & 7), how would I interact with this person? What would my attitude and behavior be? What would I say/do? What wouldn't I say/do?

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Notice how your beliefs lead you to behave with the other person in ways that invites them to reasons to you in a manner that becomes additional proof of your initial beliefs about them.

Are you ready to take action to shift the relationship? If so, apply the Making Others Good steps.