

RACKET SYSTEM

BELIEFS · MANIFESTATIONS · REINFORCEMENTS

Based on the Racket System model developed by Richard G. Erskine and Marilyn Zalcman.

Choose one recurring pattern or a recent situation that represents it. Fill in the nine fields below with short, concrete observations. Begin with your beliefs about yourself, other people, and the world; then notice how the pattern shows up internally and externally; finally record what reinforces it through memories, fantasies, and actions.

BELIEFS	MANIFESTATIONS	REINFORCEMENTS
ABOUT MYSELF What do I believe about myself when this pattern is activated?	INTERNAL EXPERIENCES What do I feel emotionally and physically? What thoughts or inner reactions appear?	MEMORIES What past experiences come to mind that seem to confirm this pattern?
ABOUT OTHERS What do I believe or assume about other people in this pattern?	EXTERNAL MANIFESTATION How does the pattern become visible to others? What do I say or show?	DREAMS, PLANS, FANTASIES What do I imagine, expect, fear, hope for, or repeatedly plan?
ABOUT THE WORLD What do I believe about life, relationships, success, safety, money, or the world?	LIFESTYLE How is this pattern reflected in the way I organize and live my life?	ACTIONS What do I repeatedly do - or avoid doing - that keeps the pattern going?

NEXT STEP Once you can see the pattern clearly, take the completed worksheet into therapeutic work if you want to explore its origins and change the underlying script.