



Self-Belief #1

What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a Belief (thought) and/or a Judgment (person). I am too negative

1. What is the story behind this Belief/Judgment? (Don't edit or sort, just write)

I look at life with a negative tilt. I am full of fear about the past and the future. I expect people to betray and hurt me.

2. Are you sure it is true? (Yes or No) Yes

3. Can you know with absolute certainty this is true? (Everyone else would agree?) No

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional. I feel tight in my chest, a feeling in the center of my chest that radiates upwards.

5. Could you welcome this feeling in this moment? Yes

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling? My family was always betraying each other. My father with his womanizing, my mother by always wanting to die. It made neither of them capable of being there for their children.

7. How do you treat others when you believe this story? Guarded I am always waiting on the other shoe to fall.

8. Who would you be without the story you are telling yourself? I would enjoy the present moment

9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security)

Both control and security I crave them with an intensity

10. What feelings come up for you? Welcome them. I notice I feel chest pain and pressure behind my eyes.

11. Now let's unhook from the belief/judgment. Re-write your original belief: I expect the worse of people.

12. Unhook from the thoughts:

Judgment of the Self: How do I believe these same things about myself? How am I like what I dislike in others?

For self belief what is your payoff for staying attached to this belief? (Approval, Control or Security)



If I do not expect much from you I do not have be present 100%. I get to avoid vulnerability. I watch me do this with my husband when I see him trying to connect and I do only ½ way

Judgment of the Other: How do I judge others for being the same as I am? How do I treat others with the same beliefs as me? I tell myself my husband thinks the worse of me. I did it about the garage door, telling myself he has negative expectations of me while I am having them of him. I take things he says way too personally.

Opposite of Belief/Judgment: How is the opposite of my statement just as true for me? Come up with specific examples of how the opposite is just as true

I expect the best of people. I expect that my husband will be loyal to me. I expect my husband to be in my corner. I expect my daughter to do what she says. I expect and know my family loves me.

13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? Pressure in chest/fear about trusting love/ loss of control.

What does holding on at this time mean for you? I can still feel the control. / I want to be able to hide/ security that hope takes away. I can be secure in negativity

Could you let your story and the feelings about your belief/judgment go? Will you let go of the story and the feelings about this experience? If not now, would you be willing to in the future? Let go of need to control and the shame I feel with the thought of trusting/ let go of need for absolute security ready to now.

Could you allow any forgiveness that needs to be extended? If not now could you in the future? When? Forgiveness for me, my husband, my mother and my father now.

14. Repeat the releasing process (Inquiry 13) until you feel relief. Usually 3 times, the story then resistance to letting go of story and then residual feelings, belief/judgment.

15. End with gratitude. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise.

I am grateful for amazing growth in my life. My husband and his faithfulness to me, that I can see it is me that keeps hurting me with my thoughts, that to be breaking the hold my ego has had on me, grateful I can feel myself breaking through old patterns.