

Flush Out Those False Beliefs!

Before you can transform negative thoughts and feelings, you need to become aware of them, so here's a list of beliefs that may need updating!

Step 1

- When under pressure I
- I often feel guilty about
- When happens I stress out and feel like
- My Achilles' heel (greatest weakness) is
- I am always trying to stop from happening.
- When the unexpected happens I
- I always try to
- The biggest obstacle that stops me loving and approving of myself is
- What drives most of my behaviour is
- I am afraid of
- I seek my 's approval (always / mostly / usually / occasionally)
- My most frequent negative / uncomfortable emotion is feeling
- The feeling I dislike the most is
- I need to learn to

Congratulations – that took courage!

Let me know once completed, to do stage 2 of this exercise.

Flush Out Those False Beliefs! Stage 2

Now you have identified your false beliefs, go back and re-do the exercise writing how you would *like* to be.

For example:

When under pressure I ... panic

to

When under pressure I ... think about the situation calmly and ask for support.