

@My Belief System

For each of the Ten Things on your list, give each one at least one belief. To work out what these beliefs are we are going to utilise the Negative and Positive Beliefs Lists (see the Appendix and also in the Resources Tab on the website) and noting ANY other belief that triggers in your gut when you read it. Write these into the second row, under each memory.

To work out what the connected belief is, I want you to think about how each situation made you feel about yourself and list as many of the beliefs that you feel you had about yourself – specific to that situation. This needs to be how that situation made you feel at the time that it happened – the first feeling you get when you think about it, the one that kicks you in the gut... We need to go with the feeling from your gut, not your head.

I want you to add the number of different negative and positive beliefs you have for each memory and note this is the 'Age' column.

Next we need to understand their strength. Again, I need you to approach this from your gut and not your head.