

Core Belief:

I don't believe it's true ————— I do believe it's true

In what ways does it impact your life:

In what ways do you act to maintain Core Belief:

How do you Restrict your life to avoid testing out this Core Belief:

- Social
- Physical
- Emotional
- Spiritual
- Prof.
- Financial
- Mental

What experience are you interpreting through the lens of this Core Belief:

What is holding you back from changing it:

What would the part of you that wants to protect you from pain require to allow you to let go of this Core Belief or the behaviours you do to protect yourself:

Find ways can you disprove your Core Belief (facts, experiences, input from trusted people):

To find an alternative Core Belief develop some potential options:

How will your life change with this new Core Belief:

Good:

Bad:

If you don't change you Core Belief what will the result be:

Develop a plan of action: