

SQUASH YOUR FALSE BELIEFS



Before you can transform your negative thoughts and feelings you must first become aware of what they are. Below is a list of example questions that you can use to start the process...I'm sure once you get started you'll add questions of your own.

Step 1 - Find out what your false beliefs are

Ask yourself and answer the following questions:

- 1 When under pressure I...

- 2 I often feel guilty about...

- 3 When...happens I stress out and feel like ...

- 4 My greatest weakness is...

- 5 I am always trying to stop...from happening

- 6 When the unexpected happens I...

- 7 I always try to...

- 8 The biggest obstacle that stops me loving myself is...

- 9 What drives most of my behaviour is...

- 10 I am afraid of...

- 11 I seek my...'s approval (always / mostly / usually / occasionally)

Step 1 - Find out what your false beliefs are



Continued...

- 12 My most frequent negative emotion is feeling...

- 13 The feeling I dislike the most is..

- 14 I need to learn to...

- 15 I believe I need to be ... before I can be successful

- 16 All ... (insert universal group e.g. men, successful business owners etc.) are...

- 17 I need to learn to...

Step 2 - Design your new beliefs

Now that you know what has been hiding under the surface it's time to squash these old beliefs and create new empowering beliefs. So...let's go back to each question and re-do the exercise by writing how you would **like** them to be.

Example:

Instead of...

- 1 When under pressure I get into overwhelm and panic...then I procrastinate.

it might be...

- 1 When under pressure I think about the situation calmly and ask for support where I need it.
