

Identifying Beliefs Through Triggers and Emotions

example

When I start considering my relationship with my mom, I **FEEL** tremendous disappointment and sad **because I have a BELIEF** that she doesn't care about me and it will be too much work for her to change **because (optional)** she rarely, if at all, reached out or asked me about my life and never really expresses emotion or affection towards me.

framework

When _____ occurs, I feel _____ because of my belief that _____ which originates from _____

(remember that last part is optional - If you can't remember the origin of the belief don't stress! Awareness is what matters:)

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Identifying Beliefs Through Thoughts

thoughts

associated beliefs

"No one would want to pay me for what I've got to offer."

I'm not worthy of helping others. I don't believe in my voice or power

"If I try this, I'm going to fail for sure! There's no point in trying."

I have a fear of failure, because my value and Identity is attached to results (probably because that's how I received validation from my parents)

I don't know how to do this, I don't even know where to start. It's too hard.

Uncertainty overwhelms me, I prefer the comfort zone of the familiar even though I dislike or am bored with my job/what I'm doing.



Identifying Beliefs Through Results

result

associated beliefs

I am "stuck" In a job or career that is draining and/or not in alignment for me

I don't have the skills or talents to own my power In the world.

I have to sacrifice my desires and/or happiness to support those I love



Identifying Remaining Self Worth Beliefs

What emotions do you feel around your self-worth (i.e. what you're worthy of in all areas of your life) and what beliefs do they represent?

emotions

What is your inner conversation about who you are, and what you deserve and are worthy of?

thoughts

What decisions and actions around self worth do you make (i.e. how you treat yourself health-wise, confident to take risks, do you practice self-care, etc) and how do they reflect your worthiness beliefs?

decisions/actions

What results are you currently experiencing around your self worth? The results you experience from your worthiness.

reality

Flipping Beliefs

belief

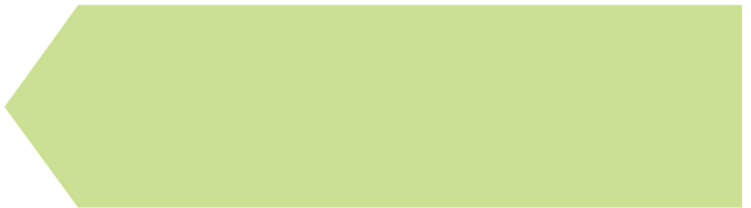
flip

i am not worthy of being cared for

it is my birth right to be cared for and loved!

my voice doesn't matter

i get to own my voice and share it with the world



Flipping Beliefs

belief

flip

