

Picking new beliefs

Use chapter 8 of *It's All In Your Body* to identify a single old belief that you would like to change. Use this worksheet to help update this belief.

Old belief

Negative impact of this belief

Write down all the ways this belief impacts you: Your feelings, your mood, your interactions with people, what you do and your health. List as much as you can.

How the belief protects you

Write down all the ways this belief has protected you and how it continues to protect you.

Picking new beliefs

Reflect on the two lists. Is there an updated belief that can preserve some of the protection that old belief affords you, whilst reducing the negative impacts of it?

Jot down your ideas. When coming up with alternative beliefs, you want to preserve some nuance but not make them too long. Some examples are given below.

Old belief examples

I am weak

I am not good enough

I am in danger

I am a burden

I'm trapped

I am vulnerable

I don't matter

New belief examples

I have strength

I have many good qualities

I can continue to grow

I can soothe myself &
access support

I am deserving of care

I have choices

I can access safety

I can have purpose and
meaning