



REBIRTH
by

HeKmat

Name of Exercise: Believe it or Not

Objective

During the day most the time our subconscious is driving our behaviours. 95% of the day the subconscious is in control. It has programs that have been formed from beliefs that we have formed based on our experiences. Some of these beliefs are useful, while many are unresourceful and limiting. The first step to getting rid of a belief is to consciously become aware of it.

Goals

To identify some of our limiting beliefs and to consciously be aware of them.

Solution

While many of these beliefs are deeply embedded and need to be identified by a professional, there are some that we can become aware of when we ask ourselves some simple questions, like the ones in this exercise.



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“You are only as limited as
your beliefs.”
— Jennifer Ho-Dougatz

Exercise:

Do you ever feel stuck in a rut of unhelpful beliefs, leading to unhealthy habits causing unconscious actions? This checklist may give you an idea of what beliefs need updating! Step 1 is to complete these sentences: When under pressure I I often feel guilty about When happens I stress out and feel like My Achilles' heel (greatest weakness) is I am always trying to stop from happening. When the unexpected happens I I always try to The biggest obstacle that stops me loving and approving of myself is What drives most of my behavior is I am afraid of I seek my 's approval (always / mostly / usually / occasionally) My most frequent negative and uncomfortable emotion is feeling The feeling I dislike the most is I need to learn to Congratulations - that took courage! Step 2 - Now you have identified your false beliefs, go back and re-do the exercise writing how you would like to be. For example: When under pressure I ... panic to When under pressure I ... think about the situation calmly and ask for support.