



I WON'T BELIEVE THOSE BELIEFS - WORKSHEET

To realign your beliefs from faulty thinking to reality based success-based conscious thought you first have to pay close attention to the five main typically affected beliefs about the Self and World that are affected by past experiences. They include beliefs about Safety, Trust, Esteem, Intimacy, and Control. I want you to take some time and reflect and identify beliefs that you have learned from your experience as they relate to (3) principle components:

- 1 – Negative thought about Self;
- 2 – Negative thought about the World; and
- 3 – Self Blame

Here are a few examples to assist you in completing this exercise on how past impactful experience can distort your beliefs:

Safety

Self- I feel threatened by unknown males who I perceive as having disproportionate power over me.

Other- I never think anyone is ever safe from danger.

Trust

Self- I don't trust my own judgement.

Other- I don't trust anybody.

Esteem

Self- I am not worthy of love.

Other- Men are no good.

Intimacy

Self- Sex is power.

Other- They just want to meet their own needs.

Control

Self- I need a vice i.e. alcohol, drugs, or food, otherwise I don't trust myself.

Other- I'd rather not even try than allow others to take from me.

A copy of the [posttraumatic cognitions inventory \(PTCI\) self-assessment](#) is available for download clicking on the link below today's video. It will help you gain insight about what might be serving as a mental block to your success mindset.

Now it's your turn. Complete the activity for today. Fill in the worksheet to create a visual cue of your faulty beliefs & increase your conscious awareness.



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	SAFETY	TRUST	ESTEEM	INTIMACY	CONTROL
SELF					
WORLD					

SELF EMPOWERING AFFIRMATIONS

Okay now that you know the types of thoughts that are invading your conscious mind and blocking you from executing a success-mindset. I want you to create an affirmation self-empowerment statement from each of the entries you filled in the “I Won’t Believe those Beliefs” worksheet. For example:

Safety

Self- I feel threatened by unknown males who I perceive as having disproportionate power over me.

Self-Empowering Affirmation- I am powerful, uniquely created. I own my inner power. No one can disempower me without my permission.

Trust

Self- I don’t trust my own judgement.

Self-Empowering Affirmation- I will trust myself, I know what I know, and I am a capable intelligent person, who has competence.

	SAFETY	TRUST	ESTEEM	INTIMACY	CONTROL
SELF					
WORLD					



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Notes

www.drjvera.com/Rise-Up-3-Day-Mindset-Transformation

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