

DATE:

Essential Forgiveness

Disappearing Limiting Beliefs

THE SITUATION

1. The belief I want to disappear is...

DESCRIBING THE BELIEF

2. Inherent in this belief is... an expectation a want a hope a need
an assumption an anticipation a "should" a "must" a demand
an "ought" a "have to" Other _____

3. On a scale of 0 to 10, my attachment to this belief is _____

4. The physical sensations that I feel when I hold this belief are...

5. I would describe my physical posture when I hold this belief as...

6. I would describe my facial expression as _____

THE THOUGHTS, EMOTIONS ANDS BEHAVIORS

7. The emotions I feel when I hold this belief are _____

8. I tell myself things like _____

9. I imagine things like _____

10. The way I act and react is _____

CONNECTING THE PAST WITH THE PRESENT

11. Previous time(s) and place(s) where this kind of belief was active was
the time when _____

the time when _____

TAKING RESPONSIBILITY

12. The person who created this belief was me someone else

THE IMPACT OF THESE BELIEFS

13. What this belief is doing *to* me is _____

14. What this belief is *costing* me is _____

15. The *payoff* that I get in keeping this belief is _____

16. The possible difference it could make to me and my life if I could disappear this belief is _____

UNDOING THE BELIEF

17. Is this belief a *part* of me or the *whole* of me? Part Whole

18. Is this belief something that I *absolutely know* to be true? Yes No

19. If I don't *know* this belief to be true could I be open to something else being true? Yes No

20. Does any other time but *now* exist? No Yes (really?)

21. Am I *willing* to allow this belief to be replaced by the truth? Yes No

22. When? Now Sometime in the future

23. My attachment to this belief on a scale of 0 to 10 is *now* about a _____

NEW POSSIBILITIES

24. The way I could view things differently is...

25. *Could I* love and trust things exactly the way they are? Yes No

26. *Could I* love and accept myself as I am? Yes No

27. What I could be grateful for is _____

28. A loving note to myself: _____

