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 AND 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 ________________________________________________
    ______________________________________________________________
**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: