

## EXERCISES TO CHANGE BELIEF

Write down your answers for the following questions.

1. Think about one of your goals that you aren't achieving. What is your current unhelpful belief about your ability to achieve that goal?
2. What is the exact opposite of this thought?
3. Imagine what it would be like to believe this new thought. What would you feel and how would you act if you completely believed this new thought? What would you do differently?
4. Find 5 pieces of evidence for why this new thought is true.
5. Every morning and every night write this new thought down and say it out loud to yourself. Scan your day looking for more evidence that it is true.
6. Any time the old thought comes into your mind, gently remind yourself, *I used to think that, but I no longer believe that because \_\_\_\_\_(insert new thought)\_\_\_\_\_.*

7. Note: If you get stuck on #5 and can't believe the new thought, create a ladder by using words like "yet" "possible" "I'd like to believe the thought..." etc. Work your way methodically towards the new thought, doing the exercises above with each consecutive ladder thought.