

The Belief Buster!

<p>1 CONTEXT</p> <p><i>The factual neutral reality that led to the Belief.</i></p>	<p>2. PROTECTIVE BELIEF</p> <p><i>One sentence describing how you are choosing to interpret the Context.</i></p>	<p>3. EMOTION</p> <p><i>How do you feel as a result of your Belief? What is your top emotion?</i></p>
<p>4 BEHAVIOURS</p> <p><i>What do you do or say as a result of your Protective Belief?</i></p>	<p>5 OUTCOMES</p> <p><i>What tangible outcomes does the Belief create in your life?</i></p>	<p>6 RISK</p> <p><i>What risk is the Belief protecting you from? How are you already experiencing this risk?</i></p>

*By bringing your unconscious or automatic beliefs into consciousness, you are able to see the consequences of Protective Beliefs.
How are you already experiencing this risk your Self-doubt is trying to protect you from?*

<p>1 CONTEXT</p> <p><i>Unchanged from the Protective Belief – this is a factual neutral reality.</i></p>	<p>2 DESIRED EMOTIONS</p> <p><i>How do you want to feel about this Context? What can you access right now?</i></p>	<p>3 POSSIBLE BEHAVIOUR</p> <p><i>What is possible for you to do or say if you were feeling the Desired Emotions?</i></p>
<p>4 LIKELY OUTCOME</p> <p><i>If you were feeling the Desired Emotions and engaging in Possible Behaviour, what is the likely outcome?</i></p>	<p>5 HELPFUL BELIEF</p> <p><i>What is a more Helpful Belief for how to interpret the Context? THE HB MUST be something you believe is true.</i></p>	<p>6 FIRST DOABLE STEP</p> <p><i>Chose the easiest action that supports your helpful belief.</i></p>

Protective Beliefs are healed through practice: bring unconscious beliefs into the open. Take imperfect action. Be willing to feel the experience of taking action. Notice how the risk changes: is it distorted, inherited, out of date, able to be managed?