

Transforming False Beliefs

Pick a situation in your life that is just continuing to eat at you.

Get out a couple sheets of paper and set aside about 30 minutes + follow these steps.

1. *Write a Letter* - to who has hurt you. Be real, be disappointed, nasty, whatever... *(You will not send this letter to this person.)*

2. *Find your Part* - look at each line in that letter where you blamed the other person and redirect that to yourself. Try to find that energy in you. This is the art form in step 2. Your resistance is going to come up, but just try to notice, "how am I, what I call you." *(You abandoned me, turns into. I abandoned me.)*

3. *Open to Your Wounds* - now that you have found your part. Tap into your deep wounds. Look for possible early trauma, this will reveal some false beliefs. *(How have I abandoned myself?)*

4. *Define the False Beliefs* - write out the false beliefs you find in statement form. Really look for them and feel into how you have believed this lie. *(False Belief: I always think I am the problem. Statement: I am the problem, so I have to stay quiet.)*

5. *Rewrite your Truth* - take each false belief statement + turn it into a truth bomb. Write it out. *(False Belief: I am the problem, so I have to stay quiet. Truth: I am my solution. I stand by my side, always.)*

6. *Recite this Truth* - take each TRUTH statement + write it on an index card and repeat it 100 per day over the next week. And feel the energy shift within you.

