

free soul



Changing a Belief Cluster

We all take on negative beliefs about ourselves, the people around us and the world we live in. Over the course of our life we lose sight of the fact that they are just beliefs. What's more, negative beliefs are never originally our own, they are always taken from, affected, or molded by someone else. Beliefs are not truths. That means they can change. Once you understand that you can change your beliefs, here are the steps to do it with.

You can use this worksheet over and over for any negative experience in your life. As you become more skilled over time you can skip some of the steps and speed up the process.

Describe one thing in your life you would like to change:

Rate your confidence in your ability to change this reality on a scale from 1 to 10.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Step one:

Discover the current dominating convictions.

We are looking for your key convictions around this particular issue. Write them down in short statements. You can also answer the prompts below. Use the first thought that comes up spontaneously. Add others that feel important.

Give a big reason why you have this issue:

What experience made you realize that this is how it is:

The reason why this particular issue troubles you:

The reason why you have not been able to change it:

Something another person should do:

What is something you don't know:

How you don't want to feel:

One Example: It is hard to make money with the kind of work I do.

**Step two:
Feel the emotions these old convictions bring up.**

A group of convictions creates a cluster or body of belief. Repeat all your statements to yourself from above and feel the emotions that this old belief cluster brings up. Allow yourself to really feel them. Emotional energy needs to flow in order to serve you, only then can it change. Take a deep breath and really feel the emotions that come up. Write them down.

My old beliefs make me feel:

**Step three:
Write the key beliefs down.**

Become aware that the statements you wrote down are just beliefs. Part of your internal story. Take each sentence from above and write it down as a belief, starting with:

I believe that...

Example: I believe that it is hard to make money with the kind of work I do.

**Step four:
Question these beliefs.**

Turn each belief into a question, starting with:

What if it wasn't true that...

*Example:
What if it wasn't true that it is hard to make money with the kind of work I do?*

Step five:

Feel the new opening by loosening the grip of the old beliefs.

Repeat each question to yourself while you take a deep breath and hold a smile on your face until you begin to feel a loosening of your old convictions.

At the end notice how your body feels and write that down:

Step six:

Solidify this new opening.

Turn each sentence into a reversed statement, starting with:

It is possible that... isn't...

(or: does... doesn't... can... can't... am not... do... etc)

(Use the appropriate reversal for each sentence)

Example:

It is possible that it isn't hard to make money with the kind of work I do.

Step seven:

Try out some new beliefs.

Try out these general beliefs below. Take a deep breath after each sentence to feel it's impact. Smile. Take your time. Notice which ones you like the most. Enjoy, really feel and savor them!

This situation won't last forever.

I can create a different experience.

I have a beautiful future.

This challenge can help me grow into a more enlightened person.

I can look at this from a new perspective.

There is a wonderful solution to this problem.

I love the richness of my life.

I can discover the best thing to do next.

My decisions have power.

My choices create a reality.

My positive attitude alters the molecules in my body.

I am more powerful than I thought.

I am able to take effective action.

**Step eight:
Choose your own new beliefs.**

Ask yourself:

If I could choose, what would I want to believe instead?

What beliefs will serve me the most?

Write them down:

**Step nine:
Feel the emotions that enliven your new beliefs.**

Repeat the above beliefs to yourself and feel the emotions that this new body of belief brings up. Breathe them in! Enjoy them! Smile! - Then write the emotions down.

My new beliefs make me feel:

Rate your confidence in your ability to change this reality on a scale from 1 to 10.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10