

## Old Belief

What's the old, non-serving belief?  
What's the drama belief? (The Bitch story, limiting belief, disempowering self-judgement, self rejection)?

\*\*Identify the old belief



## Old Belief

It's just a story. It's drama. It doesn't HAVE to be true – it just feels true because it's been practiced for a long time. But just as quickly as you learned the old, non-serving, lie-of-a story...you can learn a new one.



## The In-Between

Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?

\*Add in a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

B.S.

## What Needs To Happen

We had to call B.S. on the old belief. Why is it NOT true? Remove the authority in your brain. Poke holes in it. Why is it B.S.?

Plus...a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

B.S.

## New Belief

What's the new empowering (yet believable) belief that you know you want to step into? Before you write it down, mentally come up with reasons/evidence that the new belief is 1) true (or you're 'on it' and it's becoming true) 2) is better/serves you more and 3) is more loving, patient, and kind.

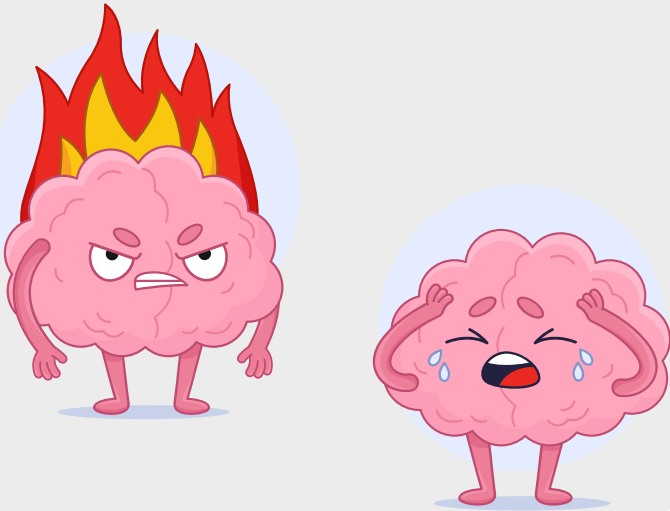


## New Belief

It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)



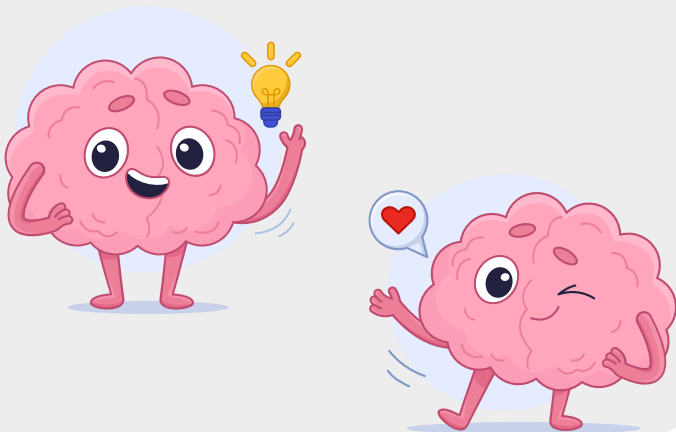
## NOTICE THE DRAMA



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- Notice the DRAMA (because it WILL keep showing up!)
- THIS is the OLD BELIEF
- Now instead of it just passing you by unconsciously, you can see it for what it is, and label it accordingly. (DRAMA!)

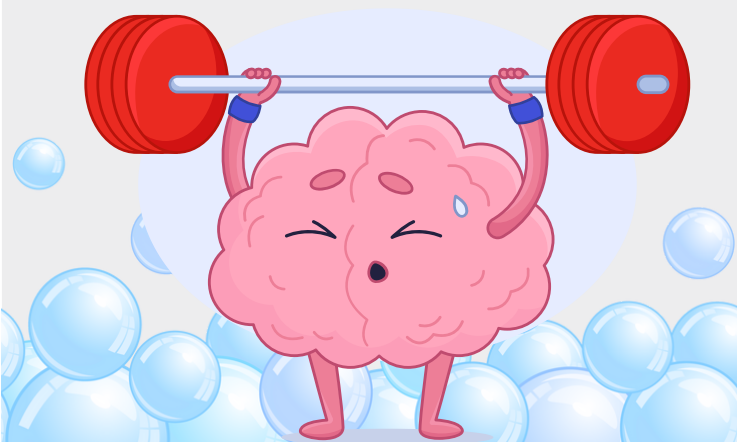
## BRING YOURSELF BACK TO THE NEW DATA



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- Bring yourself back to the DATA
- In THIS case... remind yourself of the NEW Data – the NEW Belief!
- The new belief is your NEW data point that you will teach your brain as the NEW truth. Teach your brain that THIS is the real data of the situation.

## Wash, Rinse, Repeat



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- Start engraining this as a HABIT!
- Do this for a few days, and it WILL become a part of your new Self-Image
- Do this one-belief-at-a-time, and as soon as your brain now sees this as the NEW reality, you can move on to another belief