



Step 1: Clarifying Your Beliefs

Clarifying Your Beliefs

You are going to express in words exactly what you think and feel about yourself.

To make this easier I've provided four sentence stems to prompt your thought process. You must use all four, but you can add more if you like. After-all, this week is about you reclaiming control.

You can use whatever language you feel comfortable with. For instance, some people are more prone to 'picturing' things in their mind's eye. While others describe feelings.

'When I'm at work I feel out of my depth.'

Task 1.

Write as many endings for each sentence stem as you like and **at least 6 for each**. Just let the words flow and don't think too deeply as there is no right or wrong way to do this.

What you write doesn't even have to make perfect sense, as the most important part here is to just get those thoughts and words out.

EXAMPLE

When doing this exercise, one of my clients wrote:

*'When I think about myself, I **see** someone worthless.'*

*'When I look at myself in the mirror, I **feel** disgusted.'*

*'When I'm with other people I **believe** they're all laughing at me.'*

*'When I'm at work I **feel** out of my depth.'*

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'When I think about myself, I see/feel...



2 *'When I look at myself in the mirror, I see/feel...*

3 *'When I am with other people, I see/feel...*

4 *'When I am [insert your own scenario, i.e. at work], I see/feel...*

Task 2.

The second part of this exercise is to use your answers to write a broader description of yourself. Again, there is no right or wrong here. You are merely creating a written representation of your current self-image. Don't take too long with this; it doesn't have to be perfect.



Include any behaviours, rituals or habitual thoughts/actions that you notice yourself doing? These could be coping mechanisms or nervous reactions. They might be triggered by something in particular – a person, location or situation. Or they could be running constantly in your mind. Write them down also.

This is a description of how I see myself...

Well done. That's today's exercise completed. Tomorrow we will be looking at your beliefs about others.