

EXAMPLE WORKSHEET

BYE, BYE SELF-LIMITING BELIEFS

STEP 1: IDENTIFY ANY SELF-LIMITING BELIEFS AND WRITE THEM HERE:

**FOOD IS THE ONLY WAY I CAN COPE
WITH STRESS**

STEP 2: IDENTIFY HOW THESE SELF-LIMITING BELIEFS HAVE IMPACTED
YOUR HABITS, BEHAVIORS, OR GOALS

**I SPEND THE EVENINGS UNWINDING
WITH A PACKAGE OF M+M'S EACH
NIGHT**

STEP 3: IDENTIFY WHERE THIS SELF-LIMITING BELIEF CAME FROM AND
FORGIVE YOURSELF, THE PEOPLE INVOLVED, OR LET GO OF THE EVENT

**MY PARENTS WOULD GIVE ME M+M'S
AFTER WE LOST SOCCER GAMES OR AS
A REWARD FOR GOOD BEHAVIOR**

STEP 4: HOW WOULD YOUR HABITS, BEHAVIORS, OR GOALS CHANGE IF
YOUR SELF-LIMITING BELIEFS WEREN'T TRUE?

**I COULD FIND A MORE MEANINGFUL
WAY TO UNWIND, MAYBE START
PLAYING THE GUITAR AGAIN**

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STEP 5: CREATE A NEW BELIEF SO IT IS NO LONGER SELF-LIMITING
REFRAME OR REWRITE IT TO CHANGE YOUR OUTLOOK

**I AM CAPABLE OF DE-STRESSING
WITHOUT USING FOOD AS A CRUTCH**

STEP 6: HOW CAN YOU CHALLENGE YOUR SELF-LIMITING BELIEFS TO
PROVE THEM WRONG

**I CAN DEAL WITH STRESS IN HEALTHIER
WAYS LIKE PLAYING THE GUITAR,
READING, OR TAKING A BATH**

STEP 7: CREATE A MANTRA TO MOVE PAST YOUR SELF-LIMITING BELIEFS

STRUM THE STRESS AWAY

STEP 8: REVISIT THIS BELIEF IN 30 DAYS AND CHECK YOUR PROGRESS
(CREATE A CALENDAR REMINDER RIGHT NOW SO YOU DON'T FORGET)

**SET CALENDAR REMINDER FOR NOV. 7TH.
UPDATE: I STARTED PLAYING GUITAR ONE NIGHT
PER WEEK INSTEAD OF SNACKING. I ALSO TRIED A
BATH ONE NIGHT TOO, BOTH HELPED**

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