

## Exercise - Challenging disempowering beliefs

Remember the last time you felt bad about something - angry, resentful, jealous etc.? What were you telling yourself? What beliefs were behind the self-talk? Thinking about the event, try filling in this table, writing down any self-talk in your own words. They may include condemnation of yourself and be full of what people 'should' or 'should not' do.

The event:

What I felt:

What I was telling myself:

What it made me do:

What my disempowering belief was:

### Examples of disempowering beliefs

1. I must be perfect in all I do
2. I must be liked and admired by everyone
3. Disagreement and conflict are a disaster
4. Everyone in my life must be perfect
5. People do not change
6. Other people exist to make us happy & we cannot be happy unless they do
7. People are either good or bad
8. Problems are a sign of weakness and failure
9. People are fragile & must be protected
10. There is only one way of seeing any situation

Now try challenging the self-talk, for example changing shoulds and oughts for preferences:

Constructive self-talk	Feelings would be	Actions could be
	→	→