

Play Book #1

Bust Limiting Belief

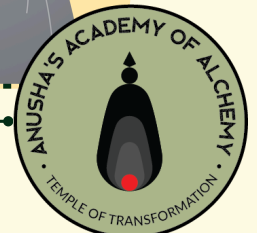



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Purge

Describe an event, memory or person who has influenced you deeply to an extent where there is a limiting belief that has been reinforced. How does it impact you? What is the limiting belief?



ABCDE

Before you jumped to a conclusion and said or did something you regretted. let's break it down so it helps us make better choices. In the space below describe the...

Activating Event *(What happened? The incident or memory.....)*

Empty rounded rectangular box for writing the Activating Event.

Belief *(Rational or irrational beliefs that got set)*

Empty rounded rectangular box for writing the Belief.

Consequence *(What is the resulting emotion or behaviour?)*

Empty rounded rectangular box for writing the Consequence.

Dispute *(Let's challenge the belief- is it true? What's the evidence?)*

Empty rounded rectangular box for writing the Dispute.

Effective New Belief *(The new belief to replace the old one with)*

Empty rounded rectangular box for writing the Effective New Belief.

