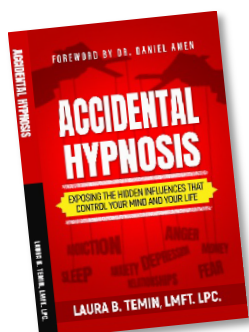


## BELIEF IDENTIFICATION FORM

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You already know after reading my book, Accidental Hypnosis-that **Beliefs** run our lives. Yet we never stop to question our beliefs- where they come from and if they're still accurate.

Just like our patterns leave clues that point to our beliefs, so do the thoughts we have and the things we say to ourselves every day.

That's why the place to begin is with your ongoing thoughts and your self-talk. Because you remember that EVERYONE has blind spots. We can see everyone else's, but it's hard to see our own. And this exercise along with the Pattern Quiz helps shine a light on what beliefs are underneath our *seemingly unsolvable problems*.

Although this seems like a very simple form, it can provide you with great insight IF you take the time to use it. Here's what you want to do: Fill out the Belief Identification Form below. You can send it to me and schedule a conversation or use it yourself to explore the beliefs that may run your life behind the scenes.

|    |                                                                                                                                          |
|----|------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | <b>TRACK YOUR AUTOMATIC THOUGHTS</b>                                                                                                     |
|    | <i>Pay attention to the automatic thoughts you wake up with.</i>                                                                         |
|    | ➤ <i>What are the first thoughts that come to mind</i>                                                                                   |
|    | ➤ Write them down <b>each morning</b> (or text them to yourself so you can keep track)                                                   |
|    | <i>Notice the automatic thoughts that surface throughout the day</i>                                                                     |
|    | ➤ Write them down <b>as they surface</b> (or text them to yourself so you can keep track)                                                |
|    | Tune into the thoughts that pop up at bedtime                                                                                            |
|    | ➤ Write them down                                                                                                                        |
|    | DO THIS FOR A WEEK. IF YOU HAVE UNUSUAL CIRCUMSTANCES THAT WEEK THEN DO THIS EXERCISE FOR 2 WEEKS. IT WILL PROVIDE EVEN GREATER INSIGHT. |

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. | <b>BUILD AWARENESS</b><br>You want to build awareness regarding what you believe about yourself, others and the world. Those are the main categories where hidden beliefs and patterns lurk.<br><br>COMPLETE THE FOLLOWING SENTENCES:<br><i>"I am..." "People are..." "The world is..."</i><br><br>➤ Write at least 5 different sentences for each category<br>➤ Pay attention to what thoughts automatically come to mind.<br>➤ Pay attention to your emotions.<br>➤ Just keep writing letting the thoughts flow fluidly.<br>➤ <b>Write until you get the analytical part of your mind out of the way.</b> (It may be 10-20 sentences instead of 5. Flow with it) |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|     |                                   |                      |                        |
|-----|-----------------------------------|----------------------|------------------------|
|     | Complete the following sentences: |                      |                        |
| 1.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 2.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 3.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 4.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 5.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 6.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 7.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 8.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 9.  | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |
| 10. | <i>I am...</i>                    | <i>People are...</i> | <i>The world is...</i> |

Remember to pay attention to the thoughts you have every day and the thoughts you have multiple times a day. Don't judge them or yourself. Just ponder them. They give you clues about what you believe.

If you're ready to clear the blocks and go to the next level, set up a FREE phone consultation with me, and let's talk!

*Laura Temin*