

Storytelling

OLD BELIEFS

Darkness

Drama

Lies (That don't serve you)

Shame, blame, guilt, comparison,
perfectionism

Control, stress, unhappiness, dis-ease

NEW BELIEFS

Light

Data

Truths (That do serve you)

Acceptance, connection, care, love,
compassion

Freedom, peace of mind, happiness,
health



The Process:

OLD BELIEF: What's the old, non-serving belief? What's the drama belief? (The Bitch story, limiting belief, disempowering self-judgement, self rejection)? ****Identify the old belief**

THE IN-BETWEEN (Discount it, Tear it down): Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.? ****Add in a splash of forgiveness** ("I didn't know what I didn't know. I couldn't see what I couldn't see")

NEW BELIEF: What's the new empowering (yet believable) belief that you know you want to step into? Before you write it down, mentally come up with reasons/evidence that the new belief is 1) true (or you're 'on it' and it's becoming true) 2) is better/serves you more and 3) is more loving, patient, and kind. ****Remember:** It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

- OLD BELIEF :

- THE IN-BETWEEN (Discount it, Tear it down):

- NEW BELIEF: