

WHY DO I KEEP DOING THIS?

A Mini Belief Excavation Workbook

A short, personal reflection to help you identify one belief that may be influencing your decisions—and begin choosing differently.

FIND THE ROOT | **CHALLENGE THE BELIEF** | **BUILD NEW EVIDENCE**

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Why do I keep doing this?

You promised yourself this time would be different.

You were going to stop saying yes when you wanted to say no. Stop making excuses for people who repeatedly disappoint you. Stop putting your dream on hold. Stop second-guessing decisions you already know you need to make.

But when the moment comes, you find yourself doing the familiar thing again.

And the hardest part? You already know better.

Maybe you have read the books, watched the videos, and made the promises. Yet the pattern keeps coming back. You might be asking yourself: Why do I keep doing this?

> *What if a belief you have never examined is influencing the choice you keep making?*

This workbook will not label you, diagnose you, or tell you what your belief must be. It will help you get curious about one repeated pattern and take a small first step.

CHOOSE ONE AREA THAT FEELS MOST FAMILIAR TO YOU

- ☐ I keep putting everyone else first.
- ☐ I keep accepting less than I want in relationships.
- ☐ I keep delaying something important.
- ☐ I keep doubting my worth or ability.

THE HIDDEN PRICE

What is this pattern costing you?

Sometimes the cost is not obvious because you have become so accustomed to paying it.

People-pleasing

You are exhausted from being available to everybody. But the minute you consider putting yourself first, guilt shows up.

Relationships

You keep hoping this time the behavior will change. You explain away disappointments while your own needs go unmet.

Dreams and opportunities

You have spent years preparing, waiting, or encouraging others—while wondering whether you have missed your own moment.

Self-worth

You can see the good in everyone else, but one criticism can send you questioning everything about yourself.

? Which one hurts the most right now? Write one real-life example.

? If nothing changes over the next year, what might this pattern continue to cost you?

DIGGING DEEPER

The behavior may not be the whole story.

Imagine a friend asks you for another favor. You are already exhausted, but you say yes anyway. On the surface, it looks like a boundary problem.

THE SITUATION

A friend asks for another favor.

▶

THE BEHAVIOR

You say yes, even though you are exhausted.

▶

A POSSIBLE THOUGHT UNDERNEATH

"If I disappoint people, they may stop loving or accepting me."

The request is the situation. Saying yes is the behavior. But the meaning attached to saying no may be influencing the choice.

A QUESTION WORTH ASKING

"What would I have to believe for this behavior to make sense?"

Beliefs can develop from many sources, including experiences, repeated messages, and conclusions we draw about ourselves. They are not the only influence on behavior. Circumstances, stress, resources, and safety matter too.

Your task is not to force an answer. It is to consider whether a belief may be part of the pattern—and whether that belief deserves examination.

PATRICIA'S STORY

The woman who could not say no

Patricia is the person everyone calls. She watches the grandchildren, covers shifts, lends money, and shows up when she is tired. People call her generous. Patricia calls herself exhausted. She agrees to host another family gathering, then spends the weekend resentful. Afterward she says, "I need to learn to say no."

LET'S EXCAVATE

What am I afraid will happen if I say no?	They will be disappointed.
And what would that mean?	They might think I am selfish.
And if they thought that?	Maybe they would not want me around.

POSSIBLE BELIEF

"I have to keep people happy to be loved or accepted."

Notice the word possible. Patricia must decide whether that belief actually fits her experience. Another person might uncover a completely different root.

HER FIRST SMALL WIN

THE PRACTICE	A respectful "I cannot do that this weekend"—no five-paragraph defense. Allow the other person to have feelings without fixing them.
NEW BELIEF TO TEST	"I can care about people without agreeing to every request."
EVIDENCE TO NOTICE	Did I survive the discomfort? Did I honor my own time? What actually happened afterward?

YOUR NEXT STEP

You've recognized the pattern. Now what?

You may recognize the pattern and still struggle to change it. You can know you need boundaries and still feel guilty saying no. You can recognize that a relationship is hurting you and still find it hard to choose differently. You can see that fear is holding you back and still postpone the dream.

> ***Recognition is a beginning. It is not the same as lasting change.***

That is why I created Mindset Reset Studio. Inside the Studio, I guide you in applying the Belief Excavation Method™ to your own life.

1. Examine possible beliefs
2. Challenge the ones that no longer serve you
3. Practice different decisions
4. Structured teaching, coaching opportunities, and a community committed to growth

The workbook gave you a place to begin. The Studio gives you guidance and support as you continue the work.

EXPLORE MINDSET RESET STUDIO

Tap here to see what is included and decide if the Studio is right for you

Tap the button above, or visit @drtroylee

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Etrulia Troy Lee, Ph.D., M.Ed., M.A., known professionally as Dr. Troy, is an educator, author, NLP-certified life coach, and mindset coach with decades of experience teaching, leading, and helping people examine the beliefs and patterns that influence their choices and their lives.

Dr. Lee holds a Ph.D. in Holistic Nutrition, a Master of Education, and a Master of Arts in theological studies. A former school principal and college adjunct professor, she brings an educator's approach to personal development: understand the principle, examine the pattern, and turn insight into practical action.

> *Her mindset education, including the Belief Excavation Method™, is not presented as clinical psychology or therapy. Rather, these resources combine her experience as an educator, author, and mindset coach with ongoing study of human behavior, beliefs, communication, and emotional health, while drawing upon established psychological research.*

Mindset Reset Studio

A community of people transforming their lives.

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