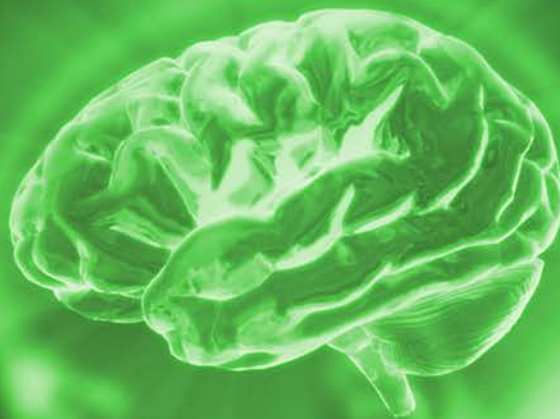


WORKSHEET



To guide you beyond an analytical introspection of one behaviour you would like to change in your life, deep into the depths of your sub-conscious mind.



BY
MOON JUMPER MANDY

If you have tried (possibly multiple times) to make a positive new change in your life, but just seem to keep not quite managing to implement it, there's a good chance that one of the following is holding you stuck:

- 1) You have a sub-consciously held belief which sits in opposition to your desired outcome
- 2) Your desired outcome is not aligned with your authentic self (your Soul's true desires)

This worksheet is focused on number 1) above and will help you access and identify a sub-consciously held, self-limiting belief, with a view to:

- a) Recognising how it may have been implanted in your mind as a young version of you observed his/her environment and made decisions about how to respond in accordance with creating your identity
- b) Observing how you have applied this belief through life such that it has become a conditioned way of behaving/responding to certain triggers
- c) Accepting that it has served you at times, but that now it is no longer serving you and that you have the ability to acknowledge it, and then release and/or replace it with a new empowering belief

To begin, bring your attention to the thing that you are wanting change and write it down in the box below.

I'll use an example of a lady who wants to stop having a glass of wine every night.



Now, notice how just thinking about it makes you feel. Write freely about any- and everything that is coming up for you as you think about the habit/behaviour.

Try not control, direct or resist any words that are coming up to describe it.



Did your inner critic jump into action, loudly judging you for still doing it? Do you have a million thoughts coming into your head about it and what it says about you?

STOP!! Only notice the FEELINGS.

How does this habit make you feel before you do it, while you do it, after you do it? The good feelings and the bad.

If your inner critic kicked in, begin writing again, **JUST** focusing on the emotions of the habit.



In the wine example, these might be some of the feelings that arise:

- I feel the anticipation of sitting quietly with no other demands on me as I hold the glass in my hand and let the liquid move over my tongue.*
- I'm not even that aware of the taste but it feels warming and soothing as it goes down my throat into my belly. From the moment that beautiful red elixir touches my lips I feel relaxation pour over me.*
- My brain feels like it can stop – all the worrying, planning, figuring things out... in these moments there's nothing to do, nothing feels like bliss!*
- Afterwards I feel a bit disappointed that the glass is finished, but I feel better because there's a numbness to the craziness of my life.*
- It feels like I can now go and sleep. But when I wake (sometimes a few hours later, other times only the next morning), I feel slow and heavy. My brain feels foggy and I just want to go back and sleep more, but I can't.*

Now, acknowledging the variety of feelings experienced in association with it, let your inner critic back in and write down all the judgements you make about yourself around this habit.

Don't hold back, give all the reasons why you don't want to do it, all thoughts as to why you keep going back to it, what you think other people think about you for it, how it impacts the people closest to you etc.



For the wine example:

I hate that I rely on alcohol to make my life feel bearable, I know I'm poisoning my body and I feel weak for not being able to just deal with life in a healthier way. As much as I do this, I never feel well rested because I think the quality of my sleep is poor (because of the alcohol in my system).

Sometimes my partner and I get into fights about me having a glass of wine every night. He thinks it's an issue and tells me I become 'dumb and uncaring' once I've had it. That he feels like he's living with a zombie – never mind that our physical intimacy has all but dried up.

Perhaps, you will already feel some aha! moments having written about the wide array of both feelings and thoughts you experience in association to this behaviour.

Perhaps you can already see how the act of doing this thing does seem to in fact support you in some critical way.

In the wine example it is quite apparent that she believes that the wine helps her relax and deal with her day – as expressed in how it makes her feel. BUT, then the self-judgement around poisoning her body AND that feeling of disempowerment by the dependency on something like alcohol to manage her ability to deal with life (or just block it out for a while) comes up creating dis-ease within her.



Before you continue, please take one minute to close your eyes and take some long, deep breaths.



From the above exercises, can you see there are feelings associated with the act of doing the habit, that keep out-weighing your wish to stop doing it?

The feeling (of being comforted, some pain eased) we associate with the act of the habit has greater sway over our choices in the moment: to do it or not to do it.

In fact, it is so deeply conditioned, that you may find yourself doing it on autopilot long before any thoughts about not wanting to do it come to mind!

And so the body is now directing your decision-making.

So what we need to tap into, is the thought pattern/ beliefs that got you started taking this action as a remedy or solution to some problem you were experiencing.

It is these thoughts, which by way of repeatedly being thought about and accepted by the analytical mind as a good solution, became embedded in your sub-conscious mind as the driving belief of your now well-entrenched habit.



For us to do this, you will need to cast your mind back to a time before you had this habit, then bring it to a memory of when you first experienced yourself doing the thing that has become your habit.

In the wine example, it probably wasn't the first taste of wine in her life, but rather a time where she decided to have a glass at the end of the day and it gave her those feelings (as described in the previous section).

Once you feel like you've found that memory, try to fully re-live it. Feel those feelings (of relief, joy, satisfaction whatever was the case for you) and then, **MOST IMPORTANTLY**, ask that younger version of you:

What is it that you want to feel better about – in detail what are the worries that seemed to fade away as you first consciously chose this action and identified it's positively perceived effects on you?



Whatever the response from your younger self, follow it with the question:

And what is important to you about that?

And keep asking this question of your younger self as many times as is needed until you get to an answer that in the now, makes you want to cry or gives you a sense that now you understand!

Here's the wine example flow: She came to a memory of having come home from work, a tough day at work, which had left her feeling depressed and disappointed in herself. There was wine on the kitchen counter which had been opened the day before with Sunday lunch, but not finished. As she gazed at it, she recalled how free and real she felt whenever she had a bit of wine with weekend meals.

This is where she made the association that this could be a good solution to help her out of the misery she was feeling from her day. And so she had a glass of wine and it provided exactly the effect on her emotional state as she's hoped for. From this memory she noticed that she didn't immediately become a daily glass of wine drinker, but that it became her go to on the really tough days and somewhere along the line, all her working days seemed to become hard and for the past few years, the glass of wine had now become her daily emotional coping crutch.

And so we ask the question: what is it that she wanted to feel better about on that first day she chose to have the glass of wine to ease her disappointment?

Response: Well, the sense of disappointment Duh!

And what is important for you about that?

Response: I want to be seen to be good at my job and that day I presented an idea that was very poorly received by the team I worked with.

And what is important for you about that?

Response: I had gone into the meeting feeling quite excited about my idea and the presentation I had created to explain it, I was fully expecting to be lauded as brilliant for it, but then it got shut down with barely any consideration.

And what is important for you about that?

I felt like a complete idiot and then questioned my ability to do the job. I felt like a complete failure.
And what is important for you about that?

I don't want to be a failure, I want to succeed and get promoted and make my family proud of me.

And what is important for you about that?

My parents sacrificed so much for me to get the qualifications for me to do this work. I can't fail them by being a drop-out because I'm bad at my job.

And what is important for you about that?

Today's experience made me feel like a failure, that I'm not good at this.

That I'm not good enough! (AHA!!!!)

You might read this and say, oh yes, that's all so obvious, but do it for yourself, persevere with that same question and you will eventually find the root of what your habit is trying to help comfort you about and keep you safe from.

Not feeling good enough or being enough, is a very common deeply rooted belief. Follow this thread of questioning yourself until you find your belief that is holding you stuck in the context of this habit.



RIGHT! So now that you've found your root belief, how do we go about helping you release it and replace it with a belief that will support you in actually changing your habituated behaviour in the present?

With deeply held beliefs, like "I am not (good) enough", "I am not worthy", "I don't belong" and "Life is so unfair" it is usually worth doing a piece of reflection around how you may have developed these beliefs based on your observation of your family (primary care givers) and environment/circumstances when you were growing up.

Find instances where you observed your parents judging themselves as not enough etc., (we learn how to be and act primarily from observing our parents – that's why we tend to have similar mannerisms!), interactions where a parent or teacher may have told you you were stupid/lazy/similar.

The key is to identify ideas (often other people's words/beliefs/ideas) that you took to be true for, and about yourself as your young mind tried to make sense of being an individual (different from others), but also trying to fit into a community/society (with fairly narrow 'rules' and views of what is 'normal', 'acceptable', 'desirable', 'successful' etc..).

Again, close your eyes and take a few deep breaths as you transition back to being fully present now.

What would be the opposite belief of the core belief you un-buried?

Eg. "I am not (good) enough" opposite "I am enough!"

My NEW Belief (NB)

Once more, close your eyes and take your attention to your heart.

Feel the beat of your heart and begin to say the words of the NEW belief you want to cultivate and replace the old limiting belief with.

Keep repeating it, over and over, allowing yourself to feel that you are the new belief (enough).

If your mind keeps coming and trying to hijack you by saying something like 'but you're not, and you don't feel it' Kindly tell it, that's not true and maybe think of an area of life in which you do feel your N (eg. good enough). Do everything you can to allow the FEELING (eg. of being enough) to arise in your heart.

This may take some practise – connecting with your heart, saying the new belief over and over, but there will be a point where you will know that it is true!

When you get to that point commit your whole state of being (feelings and thoughts) to memory (as being enough) and anchor it by making a small physical gesture that you will now associate with this new belief and how it feels in your body (eg. bringing your index finger tip to touch your thumb tip).



A physical anchor is a wonderful tool to use when you notice you have slipped into doing the habit you want to release.



Simply by enacting the anchor, you will be reminded of the new belief you intend to replace the old belief with. And in so doing you bring yourself fully present and aware of the two choices available to you;

- 1) keep going with the old habit (which for a long time may still be what you choose because it feels easier because you are so familiar with it), OR
- 2) choose in the moment to bring up an authentic feeling of being enough (or whatever your new belief is).

At some point, doing this will result in you STOPPING the habit mid-way. Then it is only a matter of continuing to practise the awareness and eventually you will be able to stop yourself BEFORE you even begin the act of the old habit.

So there it is! Be patient with yourself.

Keep applying the tools of self-awareness (oh bugger, I'm doing this thing again!), connection to the newly desired thoughts, feelings and beliefs, using the anchor and trusting yourself to move through the discomfort of making big and important changes in your life!

If you have followed this process and feel like you are still not making any headway (after a good few months of trying to apply the tools), it may be that the change you are trying to implement is actually not at all aligned with the authentic you.

For many of us in this modern-day society, we have lost connection with who we authentically are.

If you cannot find any answers to the question: Who are you? (or the answers that come feel scripted and only about what you do – all the doing of your life), then it may be time for a deep introspection into 'finding yourself'.

I know it sounds cliché, but I've been through the process myself and I know that only when you have connection to authenticity, will the goals and changes you desire for yourself be serving you.

My entire offering of courses and coaching is about this. If you have gone through this worksheet, engaged in the process outlined in it and now have read the above paragraph, you can trust that you are in the right place and ready to embark on a journey of wondrous personal growth!

I encourage you to visit my website (www.moonjumper.co.za) and find the next resource to support you on your journey.

With deep love and an utter belief in your readiness and worthiness to re-connect with your authentic essence and create a life you LOVE!!

Moon Jumper Mandy

