

My **False Self** beliefs and behaviors.

The false self often uses words and phrases such as: SHOULD, NEVER, ALWAYS, WHAT IF, I KNOW, and I CAN'T.

Write an example of a false self belief and the behavior it creates in your life now. It may even be helpful to explore the childhood circumstances that created the belief/behavior in order to see more clearly that it is a survival mechanism and not “who you are”.

Example: (Belief) I can't handle this situation, I don't know why this is happening.
(Behavior) Reading to escape, hoping it will go away or someone else will fix it.

1. Belief

Behavior

2. Belief

Behavior

3. Belief

Behavior

My Authentic Self beliefs and behaviors

The authentic self uses words like: What's next? I hear you. I can. I will. I believe. I AM!

Example: (Belief) There are so many new and interesting things to explore.

(Behavior) I've never done that before, it looks interesting, and I think I'll give it a try.

1. Belief

Behavior

2. Belief

Behavior

3. Belief

Behavior