

Stage One: Beliefs and Affirmations

Instructions: Please read each statement below. Check the box for any of them that you may have thought or believed about yourself in the past month.

I sometimes believe/ tell myself:

- I am inadequate.
- Life is too hard for me.
- I am helpless.
- I must be taken care of.
- I must have someone else to satisfy me and care for my needs.
- I am stuck with no choices.
- I am incompetent and/or incapable of doing what I need to do, taking the initiative, making my own decisions, or carrying out any significant change to make my life better.
- I am a victim.
- I am and always will be unable to overcome my past or upbringing. Therefore, what's happened to me in the past (e.g., my childhood, etc.) makes living a happy and fulfilling life that I can now take charge of impossible for me.
- It's no use for me even trying to make things better for myself.
- I must be certain that that any decision I make be the right one or I won't be able to handle the consequences.
- If I took initiative and failed I wouldn't be able to stand it.
- I must depend on _____. I cannot take charge of my own life.
- I don't have the ability to meet my own needs.
- Even if I wanted to help myself, I don't know where to begin or what to do.
- I am only interested in doing whatever feels easiest, safest, and most comfortable.
- My unique version of what I sometimes tell myself: _____

Stage One: Beliefs and Affirmations

Instructions: Please read each of these affirmations below. Check the box of any you would like to hardwire into your belief system in order to improve some aspect of your life.

Some examples of what I now need to believe:

- I am adequate to do what I need to do. For instance, _____.
- I can do it/handle it, though it might sometimes be challenging.
- Life can sometimes be difficult, but it is manageable.
- I can take care of myself and no longer have to be dependent on _____.
- I am capable of caring for my needs.
- I have choices. I am now able to take initiative and make choices in my life.
- I am no longer a victim.
- I am can overcome my past or upbringing and move forward in the future.
- I have the motivation to change things in my life now and I will do it.
- I can handle the consequences and outcomes for my decisions, even when they don't turn out the way I hoped they would.
- It's possible for me to live a happy and fulfilling life; and it's up to me.
- I am tired of being dependent and relying on others. I now want to begin taking charge of my own life.
- Too hard implies impossible, which it isn't. Difficult is a challenge I can handle.
- I choose to be free of my past, wherever it limits me.
- I can take charge of my own life.
- I no longer confuse needs (necessities) and desires (that which I would like to have).
- Sometimes what is necessary isn't the easiest, safest, or most comfortable choice.
- I am competent enough to do what I want to do.
- I am capable of taking the initiative.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:
