

### Stage Three: 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 should/must, or should not/must not (insert a rule or dictum that doesn't serve you, but you feel compelled to obey, and where there is no binding authority outside of yourself) \_\_\_\_\_.

I must fit in by doing only what I *should* do and by being what I *should* be—that which is expected of me—or some direct consequence will result.

Others should or must do (and/or even believe things) things my way.

There is only what's right and what's wrong (black and white) and nothing in between.

The only way to avoid conflict is to follow the rules exactly.

Altering certain beliefs and attitudes—even if they no longer serve me-- will lead to negative circumstances and/or more chaos in my life than I can handle.

Without a tight structure, my life will fall apart.

It's wrong to question authority.

Tradition must be upheld and followed exactly, never questioned or challenged.

There's never a good reason to break the law or disobey a rule and those who do should always be punished

My unique version of what I sometimes tell myself:

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**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 ready to start examining the unquestioned rules I have lived by (and/or that I have demanded others live by), and even to consider being more flexible and open to new ideas that are now a better fit for my life and me.
- Fitting in is only one of many choices that are available to me.
- Other people have the same wide array of choices regarding how to live as I do.
- I question and examine the rules that govern my life and discard those that do not work for me any longer.
- I can tolerate conflict or ambivalence when it arises.
- Leaving my comfort zone may at first be scary, but the discomfort that follows with new things is only temporary.
- It's okay to feel, think and act differently than I am used to; and I can accept others who feel, think and act differently than I do.
- I can be flexible and make whatever decisions I choose to make.
- The set of rules I live by is now my own: and I am capable of considering all of the possibilities available to me.
- Things are rarely black and white. Most things in the real world can be more accurately characterized by shades of gray.
- Although I may sometimes feel uncomfortable; I can handle and accept ambiguity, uncertainty and more flexibility without dire consequences.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:

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