

Stage Five: 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 feel trapped with no way out; I have no choice---my life runs me.
- I can't (or I don't want to) handle (fill in the blank) \_\_\_\_\_ in my life right now, I am completely overwhelmed.
- I must keep it all together and step up to the plate with all of my roles and obligations (e.g., spouse, parent, breadwinner, etc.), regardless of whether or not those roles are working or provide me feelings of satisfaction, fulfillment or gratification.
- I must fulfill all of my roles perfectly, regardless of how overwhelmed I am feeling.
- I cannot tolerate the void caused by \_\_\_\_\_ (a lost job, ended relationship, etc.). I must fill that slot immediately.
- Life is full of obligations that I must personally meet and often don't enjoy.
- If I ask for help in fulfilling a role or obligation, it means I am weak.
- Unfulfillment in certain areas of my life is intolerable.
- In reality, I "have it all", but still feel unfulfilled.
- I must feel satisfied now and happy about certain aspects of my life where I once may have been, but no longer am.
- My unique version of what I sometimes tell myself:

---

---

---

## Stage Five: 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 want to be doing what I love and to feel rewarded internally as well as externally.
- I can handle being overwhelmed and resolve to use those times when I *feel* overwhelmed as learning experiences that can act as insight to draw upon when deciding whether to take on something new.
- Satisfaction and gratification are nice to have, but I realize and accept that there are many things I choose to have in my life that don't provide them to the extent that I wish they would.
- I choose what I want to have in my life and what I don't.
- I will eliminate tasks in my life that are no longer providing me satisfaction.
- I can ask for help from others without getting down on myself.
- There is more than one way of getting things done and I have options to choose from.
- I have the power to change my life.
- I am living by my choices, even when I forget that I am.
- No everything is meant to be a source of joy and fulfillment.
- My unique version of the affirmation(s) and new attitudes I need to hardwire:

---

---

---