



POSITIVE THINKING

The negative stories, thoughts and beliefs we create about ourselves because of our experiences, from birth to around six years old, are recorded in our subconscious mind. We then reinforce these beliefs and see ourselves, others and the world from this perspective.

There is an old proverb of a baby elephant that was tied to post with a steel chain. It ripped and pulled to try to get free but the chain was too strong and wouldn't break. Years later when the elephant was grown and strong it still remained tied to the post which it could easily break free from but it had long stopped trying to because it didn't believe it could.

This is what we humans do. We make decisions and take actions based on these out of date stories and beliefs.

Our thoughts create how we feel about ourselves, others and the world. We then take action or create behaviours based on how we feel.

When life isn't working out as we want we need to go back and challenge these out of date beliefs.



GETTING HONEST ABOUT YOUR BELIEFS

Make a list of all the negative thoughts you regularly tell yourself.

E.g. "I'm not good at my job. I don't feel loveable, If I tell them what I really think they'll attack/leave/reject me. The world is a dangerous place."

We know that there are lots of thoughts that get in your way of happiness. Dig deep and try to identify as many as you can.



INVESTIGATE

Why do I feel this way?

How do I want to feel instead?

Where did this thought (belief) come from?



INVESTIGATE

Objectively state the truth and facts that support this belief:

What do I gain from holding onto this thought?

Am I willing to release it?

What is a new more empowering thought that I can believe?

Journaling is one to investigate. Find a way that works for you.



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