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A Functional Medicine Energy Center Resource

Overcoming Emotions & Beliefs (BEAT) Overview

Be mindful of emotions and beliefs

As you practice mindfulness, focus on the feelings and thoughts that enter your awareness. Capture the ideas, images and voices and begin to consider their significance. Make note of not only what you are feeling and thinking, but when you experience certain feelings and thoughts? Is there a time of the day, week, month or year that you identify with certain feelings and thoughts? Make note of the strength of feelings and thoughts relative to other feelings and thoughts.

Explore emotions and beliefs

As you identify feelings and thoughts, see if you can connect them to past experiences or situations. Why are you feeling or thinking this way? Try to find the origin of negative feelings and thoughts. When or why did you first feel or think this way? Journaling is a powerful skill to explore emotions and beliefs, as it allows you to review and deconstruct the relationship between topics. Periodically completing IMS' emotional and belief inventories can help to identify problematic emotions and beliefs that can be further explored with the Emotions/Beliefs Worksheet.

Address negative emotions and beliefs

When you become identify negative emotions and beliefs, it is important to address them. Acknowledge their presence and name them. Are you feeling shame? Betrayal? Resentment? Once you have defined the negative emotion or belief, allow yourself to release ownership of it. Let the emotion or belief go. Leave past negative emotions and beliefs in the past.

Turn negatives into positives

As you leave your negative emotions and beliefs in the past, express gratitude for having survived the experience and focus on being free from the negative emotions and beliefs from that experience. Recast your feelings and thoughts from, "I have shame of this..." to "I am proud I overcame this..." You can use the Positive Affirmation from the Emotions/Beliefs Worksheet and the MindScapes to recast negative emotions and beliefs,