



InnerMindScape.com

A Functional Medicine Energy Center Resource

Overcoming Emotions & Beliefs (BEAT) List

Be mindful of emotions and beliefs

What are you feeling /thinking?

When are you feeling /thinking?

How strong are your feelings and thoughts?

Explore emotions and beliefs

Why are you feeling /thinking?

When did this start?

Why did this start?

Address negative emotions and beliefs

Acknowledge and name the emotions /beliefs.

Release blame/shame for emotions/ beliefs.

Accept past emotions/ beliefs are in the past.

Turn negatives into positives

Give gratitude for moving through the experience.

Focus on moving past the experience.

Create new emotions and beliefs to replace the old.

