



Emotions/Beliefs Worksheet

Date:

Emotion/Belief:

When did this start?

When has this impacted you?

Who influences or reinforces this?

What trigger or relate to this?

Positive Recast Emotion/Belief:

Positive Affirmations:

1. I can change my awareness.
2. I am not defined by my past experiences.
3. I am not bound by how others view me.
4. I can manage my emotions.
5. I can change my awareness.
6. New Awareness:

