



Notice the Belief.

We've identified some familiar beliefs and more flexible alternatives together. Practise recognising them in everyday situations. You can write afterwards; a few words are enough.

01 / THE FAMILIAR BELIEF

What showed up?

What happened?

Which familiar belief seems to fit?

Use the beliefs we explored together, or write what your mind was telling you.

What feelings, body sensations or urges showed up?

02 / THE FLEXIBLE BELIEF

Another way of seeing it.

Which flexible belief could you reconnect with here?

Use the wording we developed together, or adapt it so it fits this situation.

With this in mind, what could you try - or what did you try?

What did you notice afterwards? (Optional)

Noticing is progress. You don't have to feel differently or fully believe the alternative yet.