



Clear Beliefs Training

Belief Self-Diagnosis: Love & Relationships

Follow the directions below on each of the following topics:

What I believe about:

- Love
- Relationships
- Marriage
- Divorce
- Partners Living Together

Step One: Uncover Your Beliefs

Take out a journal, a pad of paper, or open a new Word doc on your computer. Contemplate the first category above and write down every belief you can think of in that category.

Say out loud, “***Something I believe about love is...***”

Allow your mind to respond in any way it wants to. Your job is to listen and write down each thing you hear or think. Each time you write something down, say, “***Something else I believe about love is...***” Listen again, and write down the next thing you think or hear.

Let your thoughts flow and keep your pen moving. Don’t judge your beliefs,

argue with them, or censor them. Allow whatever comes up to be written down, even if it sounds absurd or strange to you. When your subconscious talks, it's a good time to listen. Give yourself plenty of time. Continue to say the phrase out loud and write down any new thought or belief. You can stop when you're only getting repeats of earlier thoughts, or your mind runs out of things to say.

Then go on to the second category, Relationships, and complete the exercise on that topic. Then, do the same with each of the other topics, one at a time: Marriage, Divorce, and Partners Living Together.

Complete all five categories in one sitting if possible.

Step Two: Understand Your Beliefs

After you have completed all 5 categories, review *all* the beliefs on your list and **circle between five and ten beliefs that have the most negative charge for you**. These are beliefs that really interfere with your life, your goals or your success in relationships.

When you say the belief to yourself, you feel bad feelings – awful, mad, or depressed, for example. They may trigger unpleasant body sensations such as chaotic energies, heaviness, or the urge to run away. Circle or highlight at least 5 that generate that kind of reaction.

Next to each of your circled beliefs, write down your answers to the following questions:

1. **Has this belief been *beneficial* to me in my life or *detrimental* to me?**
2. **Was this belief *indoctrinated* into me? If so, by whom?**
3. **Did I ever consciously *choose* to believe it? If so, when? Why did I do so?**
4. **What was the *advantage* of having this belief?**
5. **How has this belief served *me* in my life? What did I get or gain by having this belief?**
6. **What did I *avoid* by having this belief?**
7. **Who would I be without this belief?**

After completing that part of the exercise completely, review all your answers. Then, pick **three beliefs you would most like to change**. Write them below and bring your answers and results into class.

- 1) _____.
- 2) _____.
- 3) _____.

Step Three: Create New Beliefs

When you delete an old belief from the subconscious mind, what you create is space – a sense of openness and possibility.

In that open space, you can install a new positive, beneficial and more empowering belief. If you do not fill the space with something new, the old belief may try to creep back in.

Look at your *Belief #1*, above. What would you like to believe instead? A good place to start is its opposite, but don't stop there. You can enhance the new belief so that it feels supportive and positive in your body, mind, and spirit.

For example: if your old belief was, “*Love is dangerous*,” you could replace it with, “*Love is safe*.” That belief is better, but it's not really empowering. You could increase the power by creating a very positive belief: “*Love is universal energy, and it is naturally attracted to me*.” Or you could go even further, “*I love being in love and receiving deep love!*”

Think of a ladder of good feelings, from “okay” to “fantastic.” If you go all the way to “fantastic,” you might come to: “*I am the flow of life energy which is love. I shine my own unique light which is love. Love attracts even more love.*” Can you feel the difference? We're going for that WOW feeling.

Since you get to choose the beliefs you *want* to have, create the most empowering beliefs you can express, own, and enjoy.

If you get stuck, ask this question: “*What experience do I want to have in this area of my life?*” Then imagine having that experience and feel how good it feels. Ask yourself: “*What belief would create that experience and that feeling?*”

When you work with one of our coaches, they will help you shape and refine the new belief that will serve you best. And don't worry – you can always improve your beliefs later! You've been living with those old beliefs for

decades. Creating empowering beliefs is a skill that improves with practice.

Write down the beliefs you want to have instead of the three old limiting beliefs you identified above.

My three new beliefs:

1) _____.

2) _____.

3) _____.

Next, Join us for our 3-week belief-clearing program:



Delete the Beliefs that Defeat You!

3 Live Classes: September 10th, 17th, & 24th

11:00 am - 1:00 pm PT

Register: bit.ly/DTBTDY – Only \$795