



Self-Belief #2

What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a Belief (thought) and/or a Judgment (person).

If I was a better man my wife would be happy.

1. What is the story behind this Belief/Judgment? (Don't edit or sort, just write)

I stay stuck on my wife is unhappy because I did not say or do the right thing.

2. Are you sure it is true? (Yes or No) Yes

3. Can you know with absolute certainty this is true? (Everyone else would agree?) No

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional. I feel tight in my jaw, a jittery feeling in the center of my chest that radiates into my arms.

5. Could you welcome this feeling in this moment? Yes

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling? My mom killed herself and I am afraid it is my fault for not being a better son. My dad drank there after, I believed if I was better he would have stopped.

7. How do you treat others when you believe this story? I demand they be happy and never show any sadness.

8. Who would you be without the story you are telling yourself? I would be happier.

9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security) Both control and security I want to control my wife's happiness so she will not die and leave me which would effect my security.

10. What feelings come up for you? Welcome them. I notice I feel very sad. I suddenly started missing my mom I am afraid my wife will die and leave me too.

11. Now let's unhook from the belief/judgment. Re-write your original belief: If I was a better man my wife would be happy.

12. Unhook from the thoughts:

Judgment of the Self: How do I believe these same things about myself? How am I like what I dislike in others? For self belief what is your payoff for staying attached to this belief? (Approval, Control or Security)

If I were a better man my wife would be happy pay off is that I get to have complete control over not only myself but those around me. If I have the



control I do not have to feel how afraid and vulnerable I feel. This in turn gives me a sense of power.

Judgment of the Other: How do I judge others for being the same as I am? How do I treat others with the same beliefs as me? I judge my wife when she is "trying to control" me. I criticize her and am quick to point out how she is not in "recovery" like me and that she should let go and let go. I am condescending and controlling while telling her not be controlling.

Opposite of Belief/Judgment: How is the opposite of my statement just as true for me? Come up with specific examples of how the opposite is just as true

I am not responsible for my wife's happiness.

My wife is happy when I am angry.

My wife will laugh for no apparent reason and says it is because she feels happy

My wife's happiness appears and disappears without my interference.

13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? Clenching in the jaw/feel very responsible/ loss of not having control.

What does holding on at this time mean for you? Still have a little control left. I want it to be my way. /control and approval/loss of security of not having control

Could you let your story and the feelings about your belief/judgment go? Will you let go of the story and the feelings about this experience? If not now, would you be willing to in the future? Let go of need to control and the anger/sadness bubbled up/the loss of not having control /I am ready to now.

Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

Forgiveness for me, my wife, my mother and my father/ now.

14. Repeat the releasing process (Inquiry 13) until you feel relief. Usually 3 times, the story then resistance to letting go of story and then residual feelings, belief/judgment.

15. End with gratitude. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise.

I am grateful my wife is in my life, that my wife's sadness has made me aware of grief about my mom, the opportunity to let go of old grief about mom, that my wife has a great laugh, to realize how considerate my wife is of me and my recovery from the old grief of my mom.