

The Ultimate Self-Hypnosis System Self-Reference Sheet

The belief/emotional truth I want to change is:

How has this belief effected my life?

What evidence that this belief is true do I see in my own past or present, and out in the world?

What evidence from my past experiences shows that this old belief isn't always true?

What evidence from my present experiences shows that this old belief isn't always true?

What evidence do I see when I look out into the world that this old belief isn't always true?

Who do I know or admire that has a different belief or experience of this truth that I do? How do I imagine that they view or experience the world?

The new, empowering belief I want to cultivate is:

What evidence from my past shows that this new, empowering belief may be true?

What evidence from my present shows that this new, empowering belief may be true?

What evidence do I see when I look out into the world that this new, empowering belief may be true?

Imagine (and feel) the old belief as an ice cube melting, melting, melting, and that the water flows down a drain and away from you. When it is fully melted, imagine a warm, thick golden liquid like honey infused with sunlight completely filling the space where the ice cube had been.

From 1 (low) to 10 (high) how true does this new belief feel to you?

Making it Real—Getting to 10

What new thought or affirmation will I use daily to support and cultivate my new, empowering belief?

What new daily action will I take to support and cultivate my new, empowering belief?

What new feeling will I use to support and cultivate my new, empowering belief, and how will I practice it daily?

New Evidence That Supports My New Belief

Changes I Notice in My Life

