

Chasing the Belief

The purpose of this exercise is to really look back and think about how the relationships you had in your childhood have had an impact on how you view life today. What ideas, thoughts and beliefs could you still be holding on to that don't serve you?

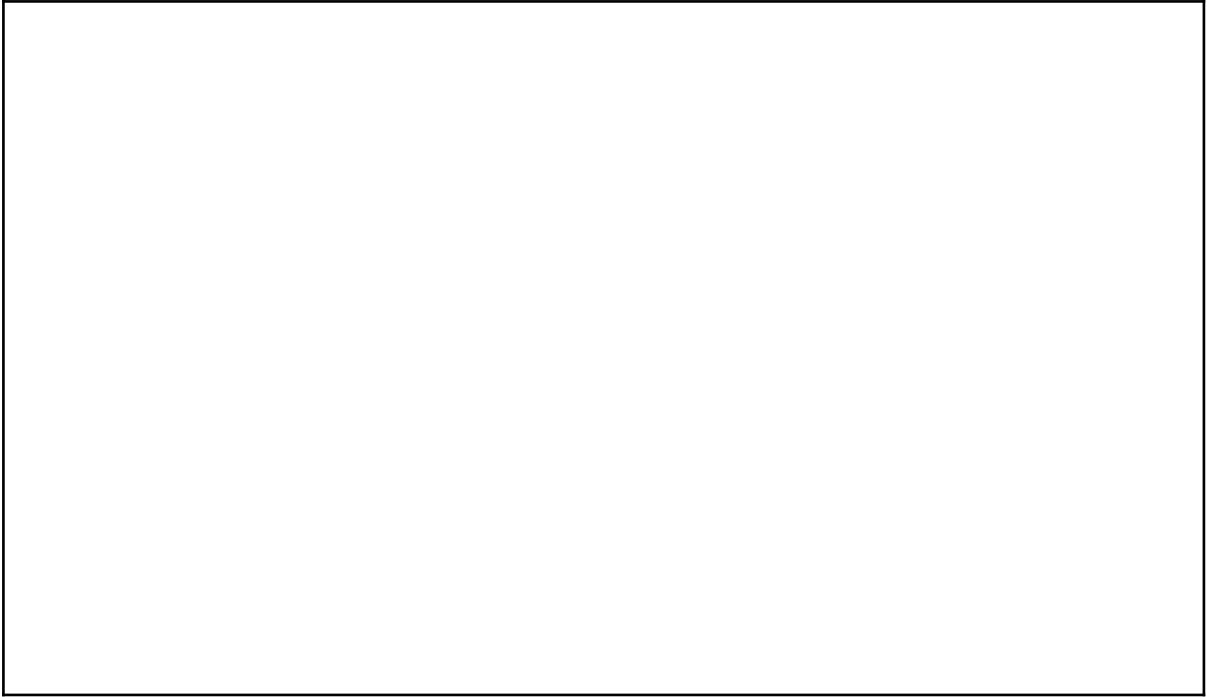
You can write as much or as little as you like.

You may find this exercise brings up some intense emotions for you, so give yourself time and space, and be kind to yourself

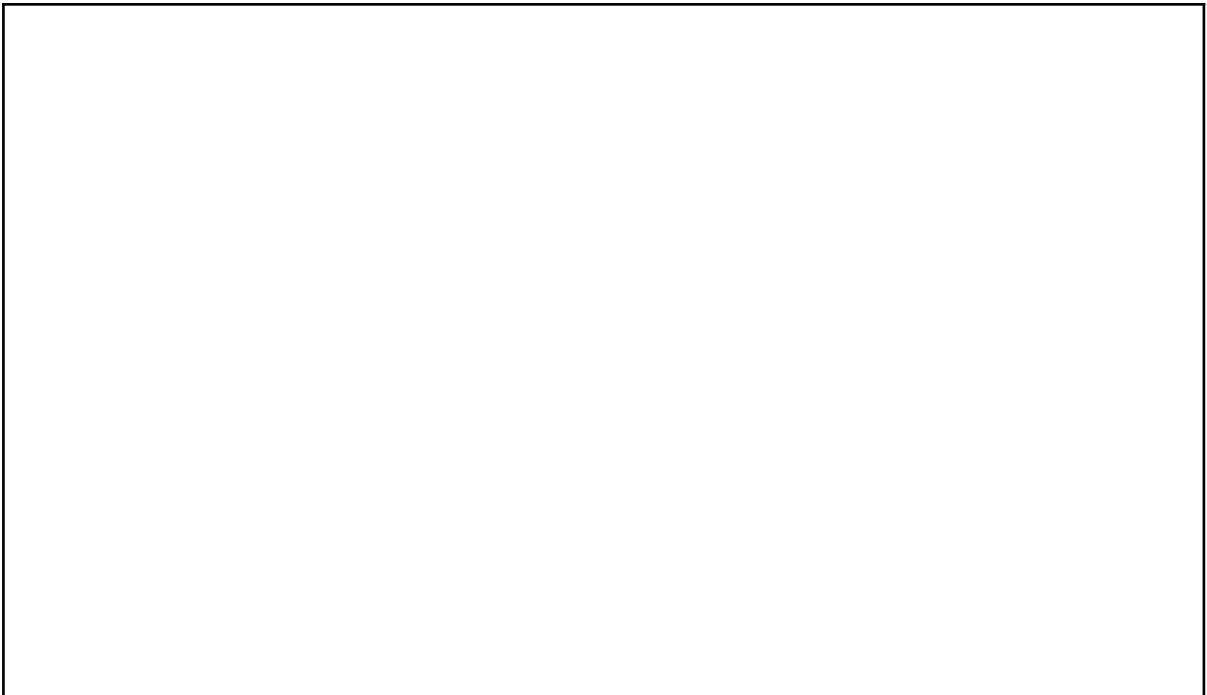
Growing up, the person whose love I craved the most was:

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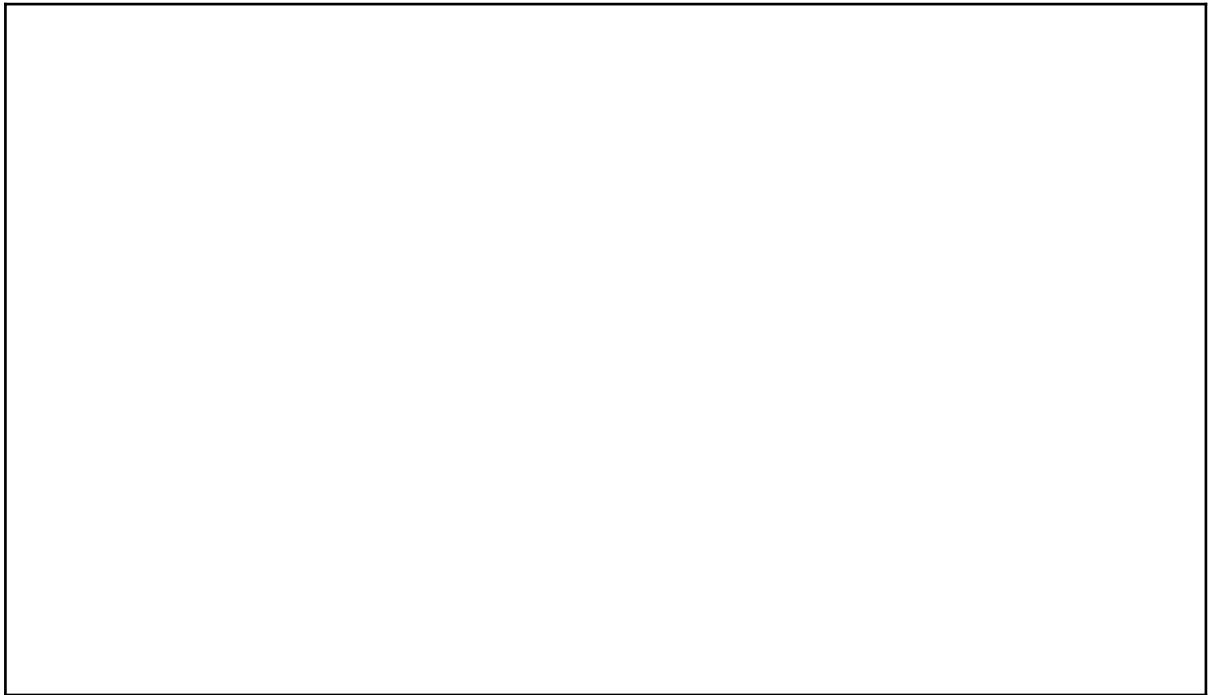
In order to get that love I had to:

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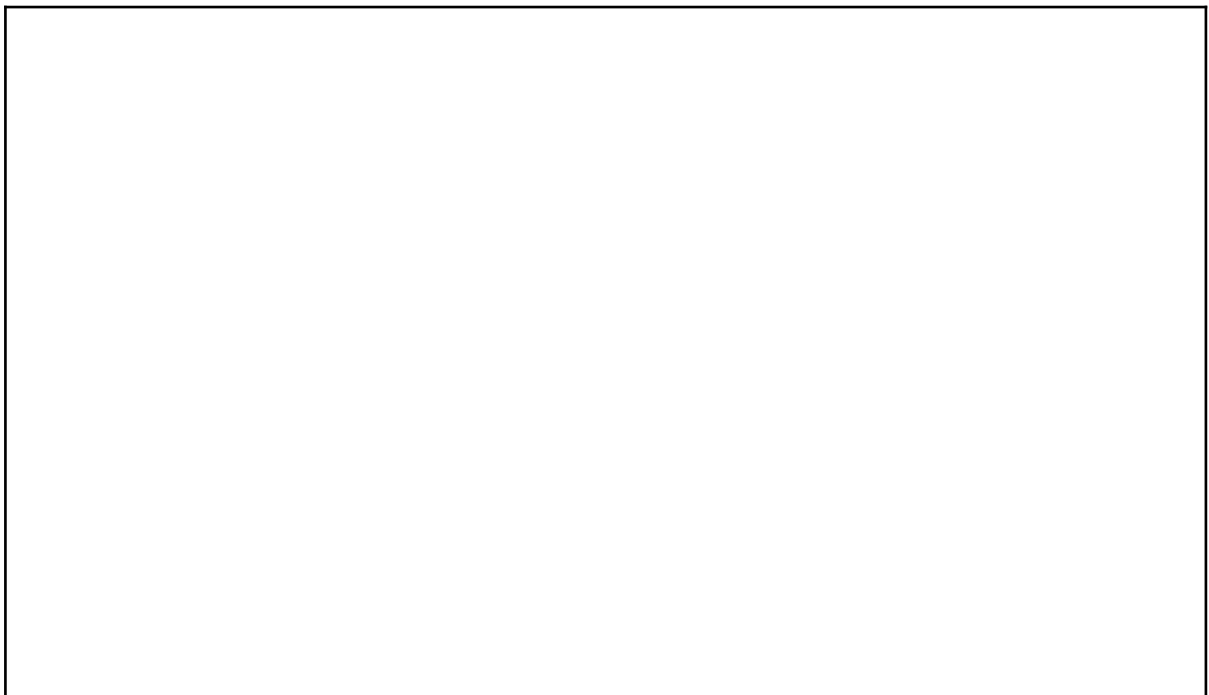
I had to say / not say:

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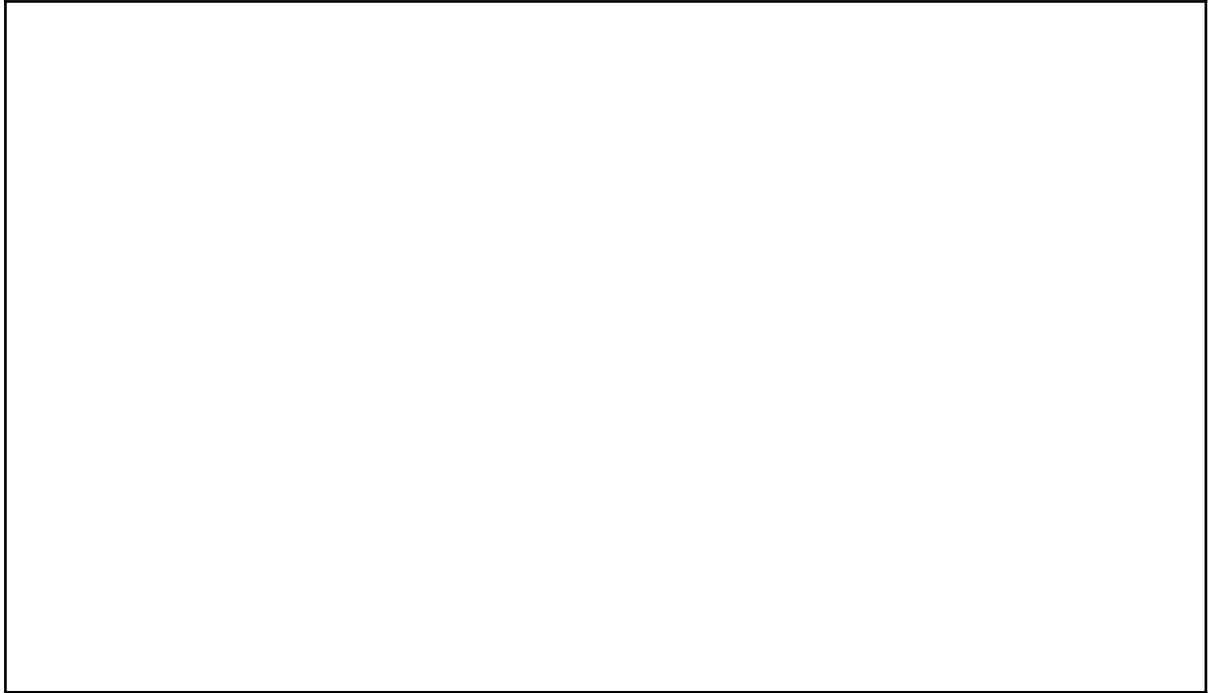
It was easier to feel / not feel:

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So what I decided was:

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Today, I follow that same approach to relationships by:

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I could approach things differently by:

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This pdf is a resource for the book:

[7 Questions Highly Confident People Ask Themselves](#)

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