Assignment # 1

Identifying, Challenging and Replacing Stressful Thoughts

Stressful thoughts and limiting beliefs cause us to suffer. Despite this reality, most people find it difficult to stop or change those habitual thoughts.

The simple process outlined below can help you identify, challenge and replace stressful thoughts and limiting beliefs by answering short series of questions.

First, write your stressful thought or limiting belief below:

*(Identify a thought or belief that is particularly stressful or judgmental for you.)*

Then write your answers the following questions. Contemplate each one as a meditation.

1) Is it true? Is it really true? Yes or No?

*(Contemplate it in terms of how you can know with absolute certainty that what you are believing is true, as opposed to believing it's true because of past programming or someone else's perspective.)*

2) How do you react when you think that thought or belief?

*(Contemplate: How do you feel? What do you say or do? What are your body sensations? What past actions / behaviors / images does it evoke? How do you treat others when you think it? How do you treat yourself when you think it?)*

3) Who would you be without that thought?

*(Try to imagine as vividly as possible what life would be like if you could literally not think this thought or belief anymore. How would your life be different?)*

4) Now turn the thought or belief around, in terms of a positive message.

*(If your thought was "I can never make enough money," then the thought becomes "I can always make enough money." And then ask yourself if that new thought is as true as or truer than the original one.)*