



Align Your Levels of Mind, Become Whole

ReProgram Your Outdated and Limiting Beliefs System

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Workshop 4 Exercise

MINDSET

METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC

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Personal Exercise

UPGRADE YOUR MINDSET

Part I

Pick something that bothers you about your partner, or ex if currently single:

Why does it bother you? Expand on how you look at this:

Part III

Now, go back to each item you identified and “revamp”, upgrade, it in the middle column. Write a challenge to the “distortion”, a cleaner statement or truth, a fact or the reality of it. Use your logical mind and your intuition for this. Transcend the fear, the hold, behind the original belief... Exercise your Ego!

Part IV

Now, read each new statement and on the right column state the new feelings / emotions that arise with the transformed statement, the new Mindset...

STOP

Part V

Gather all the feelings you listed creating a mass of good feelings. Envision them in front of you like a majestic golden sparkling bubble of pure awesomeness. Close your eyes.

Sit with this vision... Feel all the feelings... Look at the bubble... Walk into it... Sit in it... Bask in it...

Have your body absorb the bubble... Take in all the awesomeness, take in all the good feelings... Let them course through your body... Hold on to this feeling...



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