



Raise Your Self-Esteem to Live Your Extraordinary Life

Reprogram the Fears Holding You Back

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Workshop 5 Exercise

SELF-ESTEEM

METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC

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How does this remind you of growing up? Give a example/theme of when you felt like this:

What are the vulnerable feelings beneath these memories (your wounds)?

Translate these wounds into needs... (i.e., rejected, no wanted, abandoned = connection, attention, affection, reassurance):

The Mess...

What messages did you receive about yourself and the world growing up? What messages did you receive about how to be? What was valued? What were the "shoulds"?

What Self-Sabotaging Beliefs resonate?

Check all that apply...

- I'm not good enough
- I'm not as good as good as my partner, sibling, friend, colleague, the competition
- I'm never going to be successful
- I don't have what it takes to be successful
- I'm never going to make a lot of money
- I can't manage money
- I can't make more money than my partner
- I'm not good with numbers
- I'm not good at reading
- I don't care about self help, self growth, continued / deeper learning
- I'm lazy
- I get overwhelmed easily
- I can't handle stress
- No matter what I do, it's never good enough
- I can't do anything right
- I have to work till I drop/sacrifice for my career or business

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- I'm not smart
 - I'm not emotionally intelligent
 - I'm not intuitive
 - I'm not strong
 - I'm not patient
 - I'm not caring
 - I'm mean
 - I'm not neat
 - I'm not organized
 - I'm not disciplined
 - I can't focus
 - I'm not a morning person
 - I don't like structure

- Routines are boring
- I'm ugly
- I'm fat
- I'm not fit
- I'm too short
- I'm too tall
- I'm not put together
- I'm not desirable
- I'm not attractive
- I'm not sexy
- I suck in bed
- I don't know how to kiss
- I don't like affection
- I don't like being touched

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- Emotional people are needy
 - I don't need anyone else
 - I can't take care of myself
 - I need others to be ok
 - I can't be alone
 - I can't be tied down
 - Commitment is suffocating
 - Being in relationship is hard work
 - We have to do everything together
 - I'm selfless
 - I have to take care of others
 - I have to put others before myself
 - Self sacrifice is noble
 - I have to do everything alone
 - Can't trust anyone
 - I need a lot of Me time
 - I need a lot of Us time
 - I don't deserve attention
 - I don't deserve caring
 - I don't deserve love
 - If I speak up I'll be judged
 - If I ask for what I need my partner will leave me



The Fears

What Undermining Fears resonate? Check all that apply...

- | | |
|---|--|
| <input type="checkbox"/> Fear of rejection | <input type="checkbox"/> Fear of being authentic |
| <input type="checkbox"/> Fear of overwhelm | <input type="checkbox"/> Fear of showing up |
| <input type="checkbox"/> Fear of success | <input type="checkbox"/> Fear of not fitting in |
| <input type="checkbox"/> Fear of failure | <input type="checkbox"/> Fear of not getting it |
| <input type="checkbox"/> Fear of what others will think | <input type="checkbox"/> Fear of not having enough |
| <input type="checkbox"/> Fear of humiliation | <input type="checkbox"/> Fear of facing my deepest truth |
| <input type="checkbox"/> Fear of making mistakes | <input type="checkbox"/> Fear of criticism |
| <input type="checkbox"/> Fear of becoming greedy | <input type="checkbox"/> Fear of my own power |
| <input type="checkbox"/> Fear of the unknown | <input type="checkbox"/> Fear of not being wanted |
| <input type="checkbox"/> Fear of asking for money | <input type="checkbox"/> Fear of not measuring up |
| <input type="checkbox"/> Fear of having money | <input type="checkbox"/> Fear of being judged |
| <input type="checkbox"/> Fear of confrontation | <input type="checkbox"/> Fear of not measuring up |
| <input type="checkbox"/> Fear of losing freedom | <input type="checkbox"/> Fear of not being able to handle things |
| <input type="checkbox"/> Fear of losing my Self | <input type="checkbox"/> Fear of not getting married |
| <input type="checkbox"/> Fear of making it | <input type="checkbox"/> Fear of not having children |
| <input type="checkbox"/> Fear of doing well | <input type="checkbox"/> Fear of missing out in life |
| <input type="checkbox"/> Fear of losing it all | <input type="checkbox"/> Fear of wasting my life |
| <input type="checkbox"/> Fear of being exposed | <input type="checkbox"/> Fear of getting married |
| <input type="checkbox"/> Fear of not being enough | <input type="checkbox"/> Fear of having children |
| <input type="checkbox"/> Fear of not doing things right | <input type="checkbox"/> Fear of Fear of being left |
| <input type="checkbox"/> Fear of getting emotionally hurt | <input type="checkbox"/> Fear of being alone |
| <input type="checkbox"/> Fear of getting physically hurt | <input type="checkbox"/> Fear of being controlled |
| <input type="checkbox"/> Fear of being vulnerable | <input type="checkbox"/> Fear of letting go |

Which of these fears do you feel hold you back in a key area of your life and how (i.e., from taking action on opportunities, from taking care of your self, from being intimate with others):

Although your fears feel real, they don't actually exist!!!

*"Fear is not of the present, but only of the past and future, which do not exist. There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching into the future... And the present extends forever."
 ~ A Course In Miracles*

ReAuthor your Story / Script!

Using Exceptions you already recognize in your life and removing the shoulds, the no longer wanted values, the false beliefs and the fears... What is really your story??

Part III

Reprogram Yourself

Create a *Declaration Mantra*™ on the index card provided. Make it positive, present tense (I am...), and targeted to the false beliefs category you identified above (i.e., I am lovable and desirable).

Keep this mantra running through your mind as much as possible...

HW:

- **Implement other reprogramming tools...**

Affirmations (refer to Compilations in your OMC)

Goal cards
 Visualizations
 Vision boards
 Self Hypnosis
 Mind movies
 Alpha brain waves

- **Use Success Cards™**

Buy a pack of index cards. Get them in color if you like. Get markers if you like. Bedazzle them if you like.

Everyday at the end of the day, write down your successes on a card – small and big...

Build a practice of identifying and acknowledging successes, AND celebrating them!

Collect these and refer to them when your confidence wavers...

Part IV

Clean Up Your Dirty Thinking

Your Distorted Cognitions

Identify and check off which ones are most prevalent in your thinking:

Overgeneralization:

From one isolated event, you make a general, universe rule. If you failed once, you'll always fail.

Key words: never, always, all, every, none, no one, nobody, everyone, everybody

Global labeling:

You automatically use pejorative labels to describe yourself, rather than accurately describing your qualities.

Example: I am failure, my degree is worthless, etc.

Filtering:

You selectively pay attention to the negative and disregard the positive.

Key words: loss, gone, burnt, dangerous, unfair, stupid

Polarized thinking:

You lump things into absolute, black and white categories, with no middle ground.

Example: If I can't be calm I'm hysterical. You have to be perfect or you're worthless.

Self-blame:

You consistently blame yourself for things that may not really be your fault.

Example: God I'm so stupid, I'm sorry.

Personalization:

You assume everything has something to do with you, and you negatively compare yourself to everyone else.

Example: Less smart than others, etc.

Mind reading:

You assume that others don't like you, are angry with you, don't care about you, and so on, without any real evidence that your assumptions are correct.

Example: I just had a strong hunch, I just know, etc.

Control fallacies:

You either feel that you have total responsibility for everybody and everything, or feel that you have no control, that you're helpless victim.

Examples: You're weak, you're hopeless.

Emotional reasoning:

You assume that things are the way you feel about them.

Examples: You are what you feel.

List your top two prevalent types and give two examples of how you use this type of thinking:



Type 1: _____

Type 2: _____

Write out a cleaned up version of the thoughts you listed - *challenge the dirty thought with a reality check...*

Type 1: _____

Type 2: _____

Part V
Live Your New Story
Your Life...

Identify the Level of Fear you are currently in and the Life Skill that needs your attention (from the presentation):

Fear Level: _____

Life Skill: _____

Select a repeatable Action you'll take at least 3x a week to address the challenge in your fear level and master your identified life skill (the prior workshops provide material to assist with these...):

Refer to page 5. Select a repeatable Action you'll take at least 3x a week that meets the needs you identified, to heal your childhood wounds...:

*Act in spite of fear...
Stare it right in the face, it is never as bad as you feared...*



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