



FOR THE MINI-TRAINING ON FINDING AND ACCESSING UNCONSCIOUS BELIEFS

1. First, write down all the thoughts that went through your mind before, during and after the situation you chose

- Thoughts after the situation?



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Write down both emotions that are clear to you, that you have a name for, but also any more subtle sensations that you felt in your body.

Examples: "Pressure over my the chest", "Tension in the jaws", "Insecurity", "Unworthy"



INVENTORY WORKSHEET

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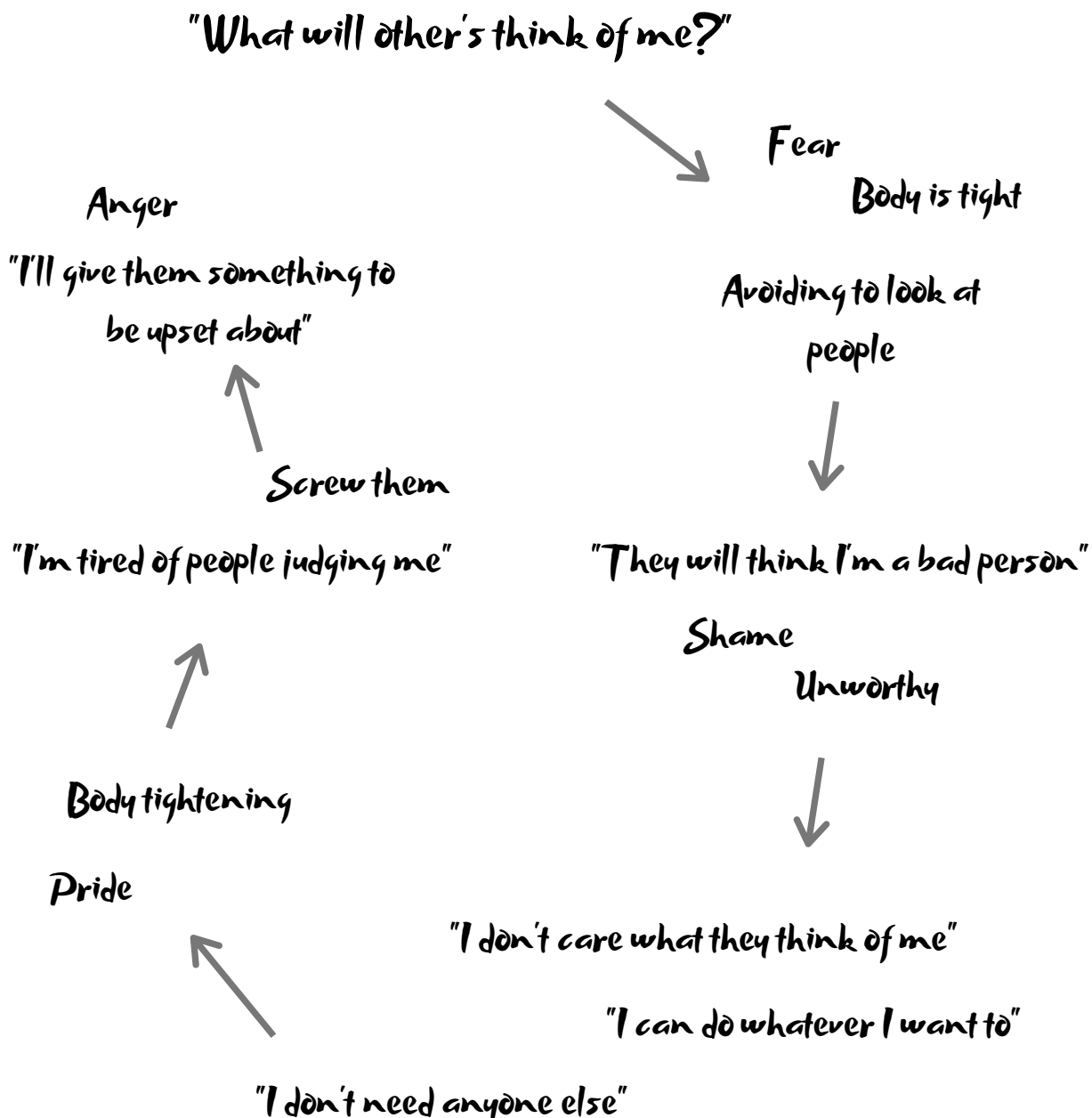
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3. Now let's start mapping the timeline of the thoughts and emotions to see if we can notice a chain of reactions.

Pick the thought, emotions, and sensations from the previous pages and start mapping in what order they happened. What thought came first and what emotion did that activate? Or what is a sensation in the body that then led to a thought? Don't worry about getting this "right". We're exploring and being curious about what we can notice.

One starting point can fork off into many different reactions and your map can take on any shape or size. I'll show you an example on this page and leave room for you on the next page.

EXAMPLE:



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3.

Now let's start mapping the timeline of the thoughts and emotions to see if we can notice a chain of reactions.

YOUR MAP:



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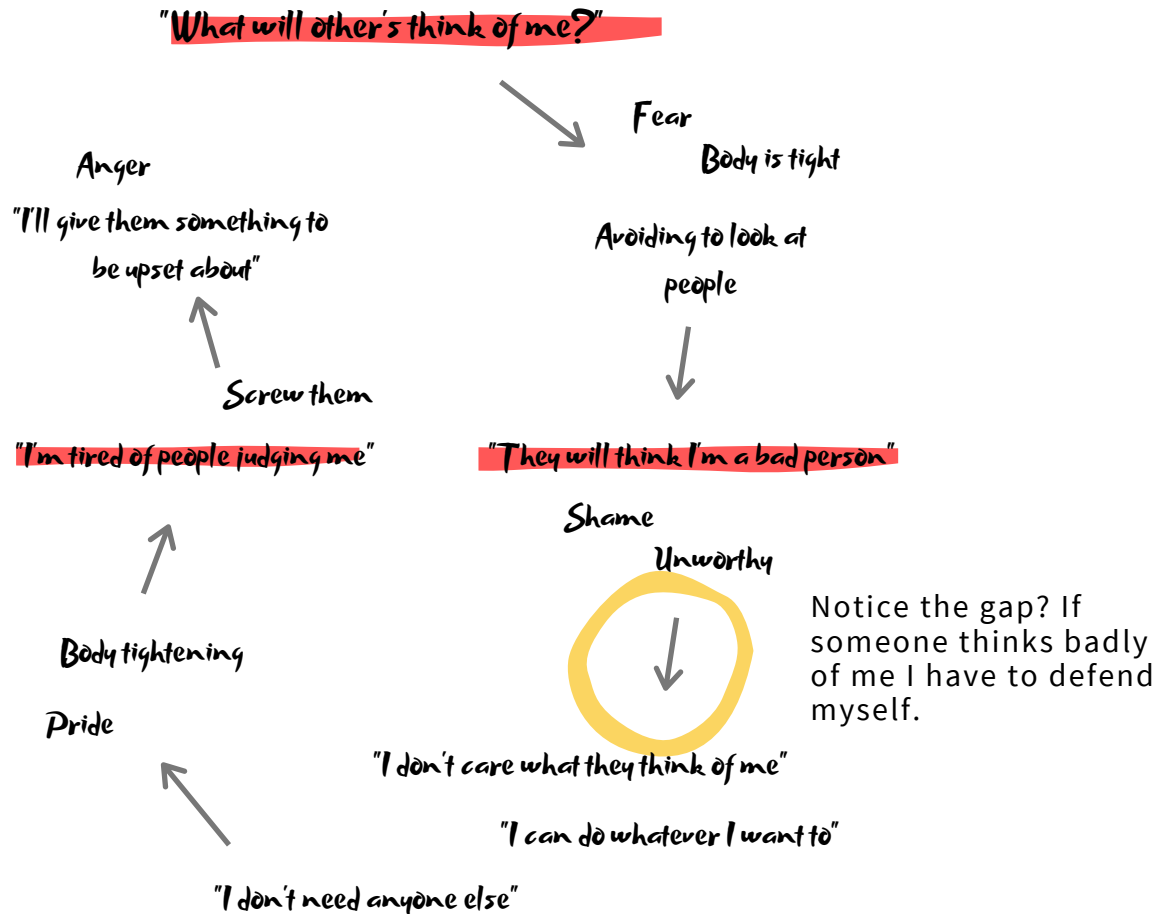
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4. Let's look for hidden assumptions in your map. One way to find them is to focus on the gaps - when the mind has made a jump and thinks that one thing leads to another.

I'm using my example map to highlight gaps that might be hiding assumptions.

EXAMPLE:



"What will other's think of me"

"They will think I'm a bad person"

"I'm tired of people judging me"

Others are having _____
opinions of me and I
know what they are _____

Can you notice how the emotions and the body sensations are activated by the thoughts, but also how they make the statement in the thought seem true and give life to more thoughts?



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4.

Let's look for hidden assumptions in your map. One way to find them is to focus on the gaps - when the mind has made a jump and thinks that one thing leads to another.

Now look at your own map, pull out some of the thoughts in there and see what you gaps you can notice.

Thoughts or gap

Assumption