

Trigger/Situation: _____

1) Thoughts



3) Emotions & Physiology



2) Beliefs

4) Needs & Wants

5) Fears

6) What do you fear would happen if you didn't have these thoughts and beliefs?



Part II: Re-program to feel empowered and glow

Question my thoughts and beliefs

100% true?
(based on facts) Empowering/
Helpful?

Three ways this problem can turn into a gift/opportunity at some point in the future

Empowering thoughts and ideas

If I love and accept myself unconditionally, I would ...



Give Glow