

Beliefs About Your Past Worksheet

What are the feelings that you are conditioned to feel?

What comes up for you when you hear “you can change the story of your past”?

What is the version of you like when you have a reNEWed story about your past?

How is she different than you now?

How does she feel on a regular basis?

How does she act differently?

How does she continue to renew her mind?

When you think about your past, how do you feel about it? Are you angry about it? Do you think it should have been different?

Are you ready to change the story?

Choose one painful thing from your past. Start with something mildly painful or just something that has a negative vibe to it.

On a fresh page...

Do a thought download about it. Tell the whole story, what happened to whom, your opinion about it and why it should or shouldn't have happened that way.

Write down all the things.

Then, go back through it and highlight just the actual facts. Quotes that people said, actions that were carried out, time of day, location, weather. Those things are facts. If it has any adjectives, it is not a fact, it is an opinion. If it has emotion in it, it is not a fact, it is an opinion.

Write out just the facts.

That happened. No matter what you think about it. It happened. Now what?

What would be a true and helpful way to think about it?

How can you think about it in a way that does not have a negative impact on you now and in the future?

Are you willing to accept it as fact, retell the story and move on?

Sit with it. Allow yourself to face the emotions that come up. Notice if you are arguing to keep your story about it. Why? What is the impact of that story on you?

Tell the new story. You may not totally agree with it or want to believe it at first. That is okay. You have told this story differently for a long time. Keep telling the new story. Remind yourself of it when the old story starts to emerge.

Practice, practice practice.