



The
Cone
Center

LIVING IN CHOICE

THE LIVING IN CHOICE WORKSHEET

This worksheet is designed to identify limiting beliefs which cause reactive thoughts, feelings, and emotions which create pain and suffering. We repeat again and again what has become unconscious or subconscious coping mechanisms. The beauty of this process is in the repeating of the painful pattern we are given unlimited opportunities to recognize we are creating this pain due to a false belief. Because of the unconscious and subconscious nature of this process we consciously do not recognize we are the creators of our own limitations.

Instead we tend to project onto the people around us the source of our pain or we internalize this blame only to reinforce the belief that we are not lovable, good enough, important or other negative self-denigrating judgments. We then make the fatal mistake of reacting without thought based on a vast and long held landscape of previously recorded, denied and repressed limiting beliefs leading to voiced and acted upon expressions created feelings of shame. This internal limiting self-programming projected onto the person or situation at hand only serves to continue and reinforce the limiting pattern. In other words it verifies what we think we already know about ourselves is “true”.

The purpose of this worksheet is to provide a method of intervening on the automatic survival reactions driven by internal limiting and destructive self-programming. Some of this programming is termed Core Negative Beliefs which are unconscious and either inherited or

are carried over from past lives to be cleared in this present incarnation.

The simple steps outlined here will provide a tool with which to identify the limiting self-programming that is the source of a life of mediocrity and survival. It is good to remember it is not what happens to us that is important, but the emotional decision we make about ourselves in relationship to the situation that is!

This limiting self-programming begins in the womb, birth experience and in early childhood. Our perception of the treatment we receive at the hands of others who had power over us and had the responsibility to care for us and keep us safe (at least in our young and powerless minds) either experienced this expected safety, security and love or did not creating the environment in which we made judgments concerning our selves based on our perception of the situation. Most of these decisions about ourselves we do not remember. Those that were painful were repressed, suppressed and denied as a psychological safety mechanism. However, the physical body and surrounding subtle energy bodies record this information and hold it until it is triggered by some life experience to be released for healing.

Carl Jung, the eminent Swiss Psychologist, termed this process our **Shadow**. In our naïveté we assumed suppressing it would relegate the thought to some dark place in our minds where it would never surface again. However, current emotional distress often activates those long forgotten internal limiting self-judgments that have become “fact.” When these surface we either blame our emotional distress on those whom we perceive caused us the pain, when in reality, it is never what we perceive outside ourselves that is the cause of the pain, rather it is our perception of the situation that reminds us of similar experiences in the past that activates the suppressed energy, we feel the pain, and project it on to the current situation thereby reinforcing its “truth.” The pain cycle is reinforced and continued.

STEP ONE: Identify your feelings.

STEP TWO: Utilizing the Living In Choice Levels of Responsibility Chart, Identify the thought or thoughts stimulating the above feelings.

Listen to your inner dialogue, often it sounds like this: “Nobody cares about me!” Or “They never consider my feelings!” This type of language is an attempt to project the pain onto others by blaming them for your pain.

STEP THREE: Identify what is upsetting you in the current situation.

(Deeply explore your inner fears and give it a name rather than simply saying, “I am angry because Sue was late for our appointment.”)

STEP FOUR: Explore your feelings and inner self-talk to determine the impact of the limiting emotional distress on self-perception and others perception of you in this situation.

(Example) This situation proves I am not valued” or “They think I am weak and incompetent.”

STEP FIVE A: Pose the question, “What value do I hold about myself that makes it possible for me to choose anger because Sue is late for our appointment.”

Instructions for 5A

In a process called “laddering” continue to keep repeating the question until you can’t come up with any other answers. The term “laddering” was coined by Bannister and Mair in 1968. It would look like this: What does it mean about me that I feel not important?
Answer: I am not good enough to be important!
Question: What does it mean about me that I am not good enough?
Answer: There must be something wrong with me!

Keep going and dig deep to illuminate all the lies surrounding this limiting belief which have become “values” and are the foundation for your pain.

This step is important because it is designed to move you away from these global statements “No one cares about me!” Or “No one takes me seriously!”

STEP 5B: Write your bottom line thought in the spaces below

This bottom line thought is the value that you hold about yourself. This is the limiting self-programming or core negative belief. Until identified and brought to conscious awareness it is the “raw material” that drives your life and is the cause of negative experiences occurring in your life.

THIS IS THE CAUSE OF YOUR EMOTIONAL DISTRESS - NOT THE OTHER PERSON OR THE SITUATION!!!!

STEP 6: This step involves finding self-compassion for having made the limiting self-programming so long ago and then repeated it over and over again. Explore your past by asking your self when you first felt similar feelings or had self talk that was similar to that in the current situation, Perhaps, it became internalized as early as 5 or 6

years of age. This awareness can be a source of self-compassion since you were just attempting to survive in the face of situations you did not have the ability to handle at the early age. In the space below write an affirmation or statement of self-compassion regarding this limiting value you assigned to your self at that early age.

STEP 7: Reframing the core negative belief or shadow belief.

Question: “In what way does this negative or limiting self-programming assist me in fulfilling my life goals?”

“Will continuing this limiting self-programming assist me in fulfilling my life goals?”

“Where will continuing this limiting self-programming take me?”

“Who told me this was true?”

“What will I continue to create by continuing this programming?”

Write your answers here:

Plug these answers into the Science of Manifestation Worksheet.

STEP 8: Identify positive self-programming statement or reframes that will provide you with the “raw material” to produce the kind of life expression you desire to manifest.

A belief is simply a value (positive or negative) that you have repeated over and over again. A belief is not a fact! It was developed by suppressing limiting emotionally charged experience without questioning its validity. After repeating this over time it appears to be true because you experience the same emotional distress each time along with similar painful experiences. Until we do we don't realize we experience the emotional distress because the original pain has not been resolved.

Positive statements may take this form: “I am lovable”, “I am whole and complete” , “I love knowing I am a success in all that I do.”

Note: Notice as you make these statements what comes alive in your physical body? Do you notice your body relaxes and feels calm and peaceful or does it tighten and feel constricted? The subconscious mind will accept the possibility that these statements are true, therefore building a foundation upon which these statements become automatic beliefs creating emotional energy attracting to you a higher level of manifested reality.

STEP 9: Plot your limiting self-programming and your new positive statements on the Science of Manifestation Living In Choice Worksheet provided. Plotting these to identify the emotion, language, action and manifestation words/energy which will enable you to see exactly what you will be manifesting. Use the Living in Choice Levels of Responsibility as a guide.

STEP 10: Celebrate your success!

This is the most important step in the process is to acknowledge that you have achieved success by identifying the limiting self-programming and have changed that belief about yourself and have instituted a new program that more abundantly fulfills your life purpose.

Give yourself permission to create a celebration of growth by identifying what gives you joy, what fills you with inspiration. It can be anything as long as it excites and enthuses you and results in elevated levels of consciousness.

CONGRATULATIONS!!!!!!!



**The
Cone
Center**
LIVING IN CHOICE