# Releasing the old beliefs worksheet

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## Step 1: Understand the Roots of Your Old Story

#### Instructions:

The stories that hold us back are often shaped by experiences that left an emotional imprint. Let's explore this with honesty and compassion.

1. Think of a story or belief that feels like it's been keeping you small.

(Example: "I don't deserve to take up space," or "If I'm visible, I'll be judged." Or Things never workout for me)

#### 2. Ask yourself: Where might this story have come from?

 $\cdot$  Was it a moment when someone dismissed you?

• A message you absorbed from family, school, or society?

• Write down any memories or patterns that come to mind, but don't over analyze—let it flow.

#### 3. What emotions does this story bring up?

(Example: fear, shame, sadness, or even anger.) Write them down without judgment.

## Step 2: Release the Weight of Your Old Story

Sometimes we hold onto old stories because they've protected us. But now, they've become a weight we no longer need to carry.

#### 1. Write a letter to your old story.

(E • Thank it for the role it played in your life—it likely helped you survive in some way.Let it know that you're ready to release it now because it's no longer serving you.

#### Example Opening:

"Dear story of 'I don't deserve success,' thank you for trying to protect me from rejection all these years. I understand why you were there, but now, I no longer need you. I am ready to let you go and step into a new version of myself."

### 2. Take a moment to notice how it feels to release this story.

Place your hand on your heart or wherever you feel tension. Breathe into that space. Imagine the weight of this story dissolving with each exhale.

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