

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?

- 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.

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.
