

Guidance for Breakout Session #2

You have seen the False Beliefs worksheet. Check those which resonate with you. Add additional false beliefs in each category. Use no more than 5 minutes.

Then, pick one category—false beliefs about myself, my place in the world, or false beliefs about HP and spend 5 minutes finding ways to prove to YOURSELF that these beliefs which you checked are NOT TRUE.

Now, share with your group one or two tools you can use to change these false beliefs.. You will have 15 minutes so use the time wisely.

An example might be: My false belief is that I am worthless. My true belief is that I have worth and value just as I am. I challenge this false belief by daily affirmations. Also, I review my day as it closes and highlight examples of accomplishments for which I am rightfully proud.

As you share, take notes for yourself. You are encouraged to share these insights through the chat function when we come together as a large group.

You may find it useful to use this simple format as you place your thoughts on the chat.

False beliefs highlighted

Useful tools to challenge false beliefs

(limit this to 2)