



Handout 7.1

CAPTURING WHAT MATTERS MOST TO ME

What was most valuable to me in this session?

What do I want to remember?

What are the implications of being able to describe a belief from either point of view (true or not true)?



Handout 7.2

MY COMMITMENTS



Your beliefs are never neutral.
They either move you forward or hold you back.
And you choose what you will believe.

□ MARCIA WIEDER

Today's Date _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Session Accelerator 8.1

WHAT'S THE EVIDENCE? AFFIRMING OR REJECTING BELIEFS

When you're stuck in a spiral, to change all aspects of the spin you need only to change one thing.

□ CHRISTINA BALDWIN

Choose one positive belief. Choose one negative belief. Between now and our next session, gather evidence to support that the positive belief is true, and evidence to support that the negative belief is false.



A POSITIVE BELIEF I HAVE ABOUT MYSELF IS:

The evidence that I have gathered that this positive belief is absolutely **TRUE:**

A NEGATIVE BELIEF I HAVE ABOUT MYSELF IS:

The evidence that I have gathered that this negative belief is absolutely **FALSE:**

Session Accelerator 8.2

COLLAGE OF POSSIBILITIES

Find a picture of yourself as a baby or toddler. If this is not possible, you can choose a favorite photo from your youth. Tape or glue your photo in the middle of a large sheet of paper (11x14 inches or larger). Spend 5-10 minutes looking at the photo. Ask yourself:

- What do I see in the eyes of this child?
- What is possible for this child?
- What are her dreams for the future?

Think about all aspects of her life—spiritual, emotional, financial, relationships, health, and anything else that occurs to you. Write your thoughts on the sheet surrounding the photo. We'll be sharing our Collages of Possibilities at our next session.

In addition to this photo, please bring your *most recent* favorite photo of yourself.

