

ROOT OUT UNWANTED CORE BELIEFS

Judge something/someone and then alternate between the following 2 questions until the core belief shows itself:

- 1) What does this mean to me?
- 2) Why would this be so bad?

VOICE DIALOGUE Find your suppressed Identities (shadow selves)

Who/What do I judge?	How would the one I judge perceive me?	What would be the worst scenarios for the one I judge?	What would be the worst scenarios for me as perceived through the other's mindset?	How would my life improve if I would take on some of the qualities of the other?	What words stand out the most for me in column #5? Those words reflect the suppressed ID's
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At some point in your life you became so afraid of having to experience the things listed in column #3 that you let your pendulum swing completely to the other side of this behavior, that you developed a dominant and a suppressed Self causing you to be now out of balance, because of the very strong resistance to one of the two.

Write down the ways you suppress one of those Selves or Identities.

Write down the ways you will commit to allow the suppressed Identity or Shadow Self to express itself.