



# *Identifying Beliefs Journal*

## HOW TO USE

You can use your list from the Intro module as a jumping off point but this should be more free-flowing, stream-of-consciousness, paragraph style writing as opposed to a list.

What is the story you've been telling yourself?

What stories justify or validate the behaviors you want to move past?

What are your rules for viewing the world?



# *Identifying Beliefs Journal*