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## *Negative Beliefs!*

Before you can transform negative feelings, you need to become aware of the thoughts that are causing them. Fill out this list of statements (write out on a new sheet if necessary).

- When under pressure I \_\_\_\_\_
- I often feel guilty about \_\_\_\_\_
- When \_\_\_\_\_ happens, I stress out and feel like \_\_\_\_\_
- My greatest weakness is \_\_\_\_\_
- I am always trying to stop \_\_\_\_\_ from happening.
- When the unexpected happens I \_\_\_\_\_
- I always try to be \_\_\_\_\_
- The biggest thing that stops me loving and accepting myself is \_\_\_\_\_
- What drives most of my behaviour is \_\_\_\_\_
- I am afraid of \_\_\_\_\_ happening
- I seek my \_\_\_\_\_'s approval (always / mostly / usually / occasionally – you can list each person separately here)
- My most frequent negative / uncomfortable emotion is feeling \_\_\_\_\_
- The feeling I dislike and avoid the most is \_\_\_\_\_
- When I am around \_\_\_\_\_ I feel \_\_\_\_\_

## Step 2

Now you have identified what you think, go back and re-do the exercise writing how you would **like** to be.  
For example:

When under **pressure** I ... *freeze*

to

When under **pressure** I ... *am able to remain calm and think about what needs to be done*

For the statements that require more than just a change of word, think about **the why** behind your statement.

This is a chance for to explore the reasons why you feel this way. Exploring the thoughts that trigger your emotions and reactions.