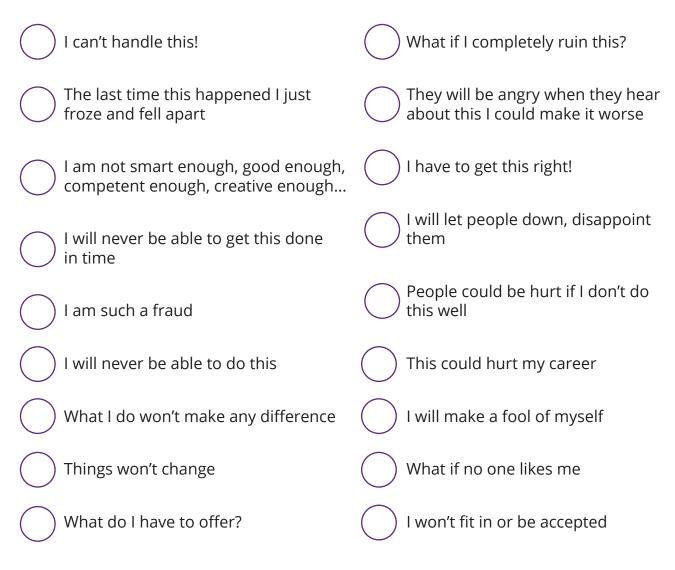
## STEP 4: IDENTIFY COMMON NEGATIVE THOUGHTS AND SELF-LIMITING BELIEFS

The Triggering Event Cycle

"It is the mind that makes the body." Sojourner Truth

**Directions:** Our thoughts are like songs on a playlist that is stuck in repeat play mode. They will keep replaying over and over until we reject them and replace them with a new playlist! But we first need to recognize our old songs that may need updating. Below is a list of some common negative thoughts that people have at Step 4 about themselves, others, and the situation. Check-off ( $\square$ ) any that seem familiar:



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I could be all alone in this situation	They are so incompetent
What if I lose control?	They are all hypocrites
This is out of control!	They always make things so complicated
They won't understand	This is going to be so hard and difficult
O They will attack me just like last time	
$\sim$	No one else will ever step up to do any meaningful work on this project
( ) No one appreciates all I do for them	
If I confront them, they will ostracize me	Everyone is always so difficult and unreasonable
They are so biased and prejudiced	She is always so rude and obnoxious
They are such @!*^#! jerks	No one cares about what I think or feel
They don't know what they are doing	They are so self-centered
This is such a waste of time just like it always is	They'll just drop the ball again and I'll have to clean it all up as usual
I am smarter than any of them	This will be like that time everything was such a disaster

