

# LIMITING BELIEFS WORKSHEET

Based on The Work of Byron Katie



What is your limiting belief? \_\_\_\_\_

Is it true? YES NO (circle one)

If you circled yes, what feels true about that belief? \_\_\_\_\_

Can you absolutely know that it is true? YES NO (circle one)

When you believe that thought: \_\_\_\_\_

- Do you feel peace or stress? \_\_\_\_\_

- How does your body respond? \_\_\_\_\_

- What images or memories come to mind? \_\_\_\_\_

- What emotions do you feel? \_\_\_\_\_

- What do you want to do? (what behavior) \_\_\_\_\_

- How does that make you feel about yourself? \_\_\_\_\_

- What happens when you feel that way? \_\_\_\_\_

- How does it make you feel about others? \_\_\_\_\_

- What is it costing you? \_\_\_\_\_

- What are you gaining by believing this? \_\_\_\_\_

\_\_\_\_\_

# LIMITING BELIEFS WORKSHEET (part 2)

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What is your limiting belief? \_\_\_\_\_

Who would you be without that thought? \_\_\_\_\_

Turn the thought around.  
Example using the statement:  
She frustrates me. \_\_\_\_\_

- Possible turnarounds:
1. **To self.** (I frustrate myself.) \_\_\_\_\_
  2. **To the other person.** (I frustrate her.) \_\_\_\_\_
  3. **To the opposite.** (She didn't frustrate me.) \_\_\_\_\_  
(She helped me.) \_\_\_\_\_

Find specific examples that make the turnaround statements true. \_\_\_\_\_

What new belief would you like to choose? \_\_\_\_\_

What happens when you say to the new belief, "I see you. I know you exist. I believe in you." \_\_\_\_\_