

Biblical Mind Management Transformation Toolbox WorkSheets

Use the Following Pages as a Checklist When Dealing with Negative Thoughts, or Negative Words from Another, and Tract Your Emotions, Reactions, Feelings, etc.

To recognize the toxic thought patterns, there is work to remove and rebuild the negative thoughts to positive thoughts.

Key concept - we must rewire the conscious thought patterns for change. Key: root - what we believe and are stuck in the patterns need to be rewired that are stuck in the subconscious level.

Core Beliefs:

Core beliefs are our most deeply held assumptions about ourselves, the world, and others. They are firmly embedded in our thinking, and significantly shape our reality and behaviors. Yet, as the name suggests, core beliefs are precisely that – beliefs rather than facts. Based on childhood assessments, they are often untrue. They are also self-perpetuating. Like magnets, they attract evidence that makes them stronger, and they repel anything that might challenge them. But the good news is that it is possible to change them.

Write down your negative thought patterns - in how you think with your heart: Do you believe:

- You are loved? Yes ___ No ___
- Worthy and valued? Yes ___ No ___
- You are enough? Yes ___ No ___
- Do you love yourself? Yes ___ No ___

If No, why:

Exercise 2

- I must perform to receive praise and love
- I only get love in how I act
- I must earn it
- How I look

Am I loved only _____

(how I look, how I perform, how I act?)