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MINDSET MENTOR

Get Unstuck Worksheet

Any time you feel stuck, triggered, or on a downward spiral, work through the following questions:

1. **What am I feeling?** *(Write it down)*

2. **What am I believing that is causing me to feel this way?** *(e.g. I'm not enough, I'm alone, I can't do this anymore, he shouldn't have said that)*

3. **Is it true? Is it 100% true?** *(Hint: it never is!)*

4. **How do I feel when I think that thought?**

(About the belief you wrote down above)

5. **How would I feel, or who would I be, if I did not have that thought?**
(e.g. I would feel free to be who I am, I would feel empowered, etc.)

6. **If the belief above is not 100% true then, what is MORE TRUE?**

(You may know immediately what is more true but if you do not, you can play with the belief you wrote out by inverting it, or substituting words in it. For example, if your original belief was, "this shouldn't be happening to me!" you can see if "this SHOULD be happening to me" is more true. If not, you could play around with the words again like, "This is NOT happening TO me" which could be MORE TRUE because often the deeper truth is that things are happening FOR us. Now you can look at the situation with more empowerment because you can learn and do something about it.)

What is MORE TRUE is:

7. **Now you can take ACTION on what is MORE TRUE. The new action I will take is:**