

ESCAPING THE DRAMA TRIANGLE

BELIEF TRANSFORMATION WORKSHEET

Objective: This worksheet will guide you through the process of identifying, challenging, and transforming limiting beliefs that may be holding you back in your dating life and beyond.

Step 1: Identify Your Limiting Beliefs

Write down the beliefs that you think are holding you back. Be honest and specific.

Example: "All the good ones are taken."

1. _____
2. _____
3. _____

Step 2: Question Your Beliefs

Ask yourself the following questions to challenge each belief:

1. Is this belief 100% true?
2. What evidence do I have that contradicts this belief?
3. How does this belief make me feel?
4. How would I feel if I didn't hold this belief?

Example:

- **Belief:** "All the good ones are taken."
- **Is this 100% true?** No, there are many great people out there who are still single.
- **Contradictory Evidence:** I know friends who have met wonderful partners recently.
- **How does this belief make me feel?** Hopeless and defeated.
- **How would I feel without this belief?** Optimistic and motivated to keep looking.

Repeat for Each Belief:

1. Belief: _____
 - Is this 100% true? _____
 - Contradictory Evidence: _____
 - How does this belief make me feel? _____
 - How would I feel without this belief? _____
2. Belief: _____
 - Is this 100% true? _____
 - Contradictory Evidence: _____
 - How does this belief make me feel? _____
 - How would I feel without this belief? _____

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3. Belief: _____
- Is this 100% true? _____
 - Contradictory Evidence: _____
 - How does this belief make me feel? _____
 - How would I feel without this belief? _____

Step 3: Reframe Your Beliefs

Transform your limiting beliefs into positive, empowering statements.

Example:

- **Old Belief:** "All the good ones are taken."
- **New Belief:** "There are plenty of amazing people out there, and I'm ready to meet them."

Reframe Each Belief:

1. Old Belief: _____
 - New Belief: _____
2. Old Belief: _____
 - New Belief: _____
3. Old Belief: _____
 - New Belief: _____

Step 4: Create Affirmations

Turn your new beliefs into daily affirmations to reinforce your mindset shift.

Example:

- "I am worthy of love and open to meeting amazing people."

Write Your Affirmations:

1. _____
2. _____
3. _____

Step 5: Take Empowered Action

List actions you can take that align with your new beliefs.

Example:

- Attend a social event where I can meet new people.
- Practice positive self-talk daily.

Your Action Plan:

1. _____

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Step 5: Take Empowered Action

List actions you can take that align with your new beliefs.

Example:

- Attend a social event where I can meet new people.
- Practice positive self-talk daily.

Your Action Plan:

1. _____
2. _____
3. _____

Step 6: Surround Yourself with Positivity

Identify ways to create a positive environment that supports your new beliefs.

Example:

- Follow inspirational social media accounts.
- Spend time with friends who uplift and encourage me.

Your Positive Environment Plan:

1. _____
2. _____
3. _____

Step 7: Reflect on Your Progress

Regularly review your progress and adjust as needed. What changes have you noticed? What challenges have you faced?

Reflection Questions:

1. How do I feel now compared to when I started this exercise?

2. What positive changes have I noticed in my thoughts and actions?

3. What challenges have I encountered, and how can I overcome them?

This worksheet is a living document—return to it as often as needed to reinforce your new beliefs and continue your journey toward a more empowered and fulfilling life.