

Rewriting Your Truth: Letting Go of Toxic Beliefs for a Renewed Life

**A Step-by-Step Guide to
Break Free from Toxic Beliefs
and Embrace God's Truth**

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Hello and Welcome!

Welcome to *WordzThatSpeak*, where I help women transition from toxic belief systems to a state of self-awareness rooted in God's truth. So that they can reclaim their identity and live authentically.

I'm Brandy, the founder of *WordzThatSpeak*. My journey has been one of transformation—from living in a toxic belief system to finding freedom in God's truth. Like many women, I've faced struggles with self-worth, shame, addiction, fear, and unhealthy relationships. Through God's grace, I discovered the power of renewing my mind and embracing the identity He has for me. Now, I'm dedicated to helping other women do the same.

This *free e-book* is designed to help you understand the power of belief systems in shaping your life. Our beliefs influence our thoughts, actions, and ultimately, our destiny. When these beliefs are toxic, they can lead to patterns of self-destruction and pain. The goal of this e-book is to help you identify and challenge these toxic beliefs, setting the stage for true transformation rooted in God's truth.

**Viewing Tip: If you're on a phone or tablet,
zoom in for easier reading.**



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The Power of Belief



Beliefs: The Silent Shapers of Our Lives

What we believe about ourselves, others, and the world around us shapes every aspect of our lives. Beliefs are powerful. They influence our thoughts, emotions, and actions, often operating quietly in the background, like a program running in our minds. Whether we're aware of them or not, our beliefs guide our decisions, determine our relationships, and even define our self-worth.

But not all beliefs are created equal. Some are life-giving and affirming, rooted in truth and love. Others, however, are toxic—poisonous ideas that distort our perception of reality and hold us back from experiencing the fullness of life.

The Danger of Toxic Beliefs

Your Toxic beliefs are like weeds in the garden of our minds. They start small, often planted by past experiences, negative words from others, or our own insecurities. Over time, they grow and spread, choking out healthy, life-affirming thoughts. These beliefs might tell us that we're not good enough, that we'll never find love, or that we're destined for failure. They keep us trapped in cycles of fear, self-doubt, and despair.

For example, a woman who believes she is unworthy of love might continually sabotage her relationships, pushing others away before they get too close. Another who believes she's not good enough might strive for perfection in everything she does, leading to burnout and chronic dissatisfaction. These toxic beliefs create barriers in our lives, preventing us from living freely and fully.



The Importance of Identifying and Challenging Toxic Beliefs

The first step in breaking free from the grip of toxic beliefs is recognizing them. This is not always easy, as these beliefs can be deeply ingrained, masked as "*truths*" we've accepted over time. But by bringing them into the light, we can begin to see them for what they are—lies that have no place in our lives.

Challenging these beliefs is a courageous act. It requires us to confront the painful experiences and false narratives that have shaped us and to replace them with truth. This is where the transformative power of God's truth comes in.



The Transformative Power of God's Truth

Healing Through His Promises

Remember, we have an enemy who attacks your beliefs, not your behavior. God's truth is like a beacon of light in the darkness. It cuts through the lies, bringing clarity, healing, and freedom. Where toxic beliefs tear down, God's truth builds up. It reminds us of our inherent worth, purpose, and identity as beloved children of God.

Scripture is filled with affirmations of this truth.

For example, in *Jeremiah 29:11*, God declares, *"For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future."*

This promise starkly contrasts the toxic belief that our lives are destined for failure or that we are unworthy of good things.

By aligning our beliefs with God's truth, we can begin to experience a profound transformation in our lives. We move from fear to faith, from insecurity to confidence, from bondage to freedom.

Take Away

Beliefs have incredible power, but we hold the authority to shape them. As you journey through this mini-book, you'll learn how to identify and challenge the toxic beliefs that have held you back. You'll discover the liberating truth of who you are in God's eyes, and how to live a life rooted in His love and purpose.



Common Toxic Beliefs:

1.

"I'm not good enough." This belief stems from feelings of inadequacy and comparison. Whether it's comparing yourself to others on social media, feeling overshadowed in your career, or believing you don't measure up to certain standards, this belief convinces you that you're inherently flawed or unworthy. It leads to self-doubt, low self-esteem, and a constant need for validation from others.

2.

"I am my past mistakes." This belief is rooted in shame and the inability to separate your identity from your past actions. When you believe this, you carry the weight of your past mistakes like a burden that defines who you are. It tells you that your worth is permanently tied to the wrong choices you've made, leading to feelings of guilt, self-condemnation, and an inability to move forward. This belief keeps you stuck in a cycle of shame, preventing you from embracing growth and the possibility of change.

3.

"I'm not worthy of love"-This belief often originates from past experiences where we felt rejected, unvalued, or insufficient. It may stem from negative self-talk or being conditioned to believe that we must meet certain conditions or standards to be deserving of love. However, this belief is flawed because it implies that our worth is conditional or dependent on our actions and perceived imperfections. Everyone deserves love and acceptance simply because of their intrinsic value as a person.



We all carry beliefs that shape how we see ourselves and the world around us. Some of these beliefs are positive and empowering, but others can be deeply toxic.

Personal Story:

To illustrate how these toxic beliefs can shape our lives, let me share a personal experience. I too grappled with these negative patterns, especially when it came to intimacy and connection. My journey through shame and self-doubt vividly shows how these beliefs can take hold and affect every aspect of our lives. Here's a glimpse into my struggle and how it shaped my understanding of toxic beliefs.

I struggled deeply with shame-based thinking, particularly around intimacy and connection. Growing up, I saw toxic love patterns that made genuine connections feel intimidating. This led me to become cold and numb, favoring physical pleasures over meaningful relationships. I believed that true emotional intimacy was too risky, and past labels and names only added to my sense of being a mistake. I carried the weight of these past choices and the associated shame, feeling defined by my mistakes rather than the potential for healing and transformation.

Now that we've explored some common toxic beliefs and I've shared my journey with you, it's time to turn the focus inward. Understanding these beliefs is the first step but identifying them in your own life is crucial for transformation.



Discover Your Belief Patterns: A Reflective Quiz

The following quiz is designed to help you pinpoint the toxic beliefs that might be influencing your thoughts, emotions, and actions. Be honest with yourself as you answer each question—there are no right or wrong answers, only valuable insights to guide your path toward healing and self-awareness.

Instructions: For each statement below, rate how strongly you agree or disagree on a scale from 1 to 5, where: 1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

Beliefs About Self-Worth:

1.

- I often feel like I'm not good enough. []
- I believe that I don't deserve love or happiness. []
- I think I must be perfect to be accepted. []
- I feel like a failure when I make mistakes. []

Beliefs About Relationships:

2.

- I believe that no one can be trusted. []
- I often think that I'll always be alone. []
- I believe that people will eventually leave me, so I keep my distance. []
- I find it difficult to open up to others, even those close to me. []

3.

Beliefs About Success and Failure:

- I believe that success is only for others, not for me. []
 - I often think that no matter how hard I try, it's never enough. []
 - I feel like I'm always going to fail, so I avoid taking risks. []
 - I believe that my past mistakes define my future. []
-

**Beliefs About Control and
Vulnerability:**

- 4.**
- I feel the need to control every aspect of my life to feel safe. []
 - I believe that showing vulnerability is a sign of weakness. []
 - I often think that it's better to stay guarded than to get hurt. []
 - I believe that letting go is dangerous because something bad will happen. []

Beliefs About Spirituality:

- 5.**
- Your I believe that my spiritual journey is essential to my overall well-being. []
 - I feel a deep connection to God []
 - I believe that prayer and meditation significantly impact my life. []
 - I think that my spiritual beliefs guide my decisions and actions. []

SCORING

- Total up your scores for each section to identify which area(s) you may struggle with the most.
 - 15-20: Strong presence of toxic beliefs in this area. These beliefs may be significantly impacting your life and well-being.
 - 10-14: Moderate presence of toxic beliefs. You may notice these beliefs affecting you in certain situations.
 - 5-9: Mild presence of toxic beliefs. You might have some negative thoughts, but they are not deeply ingrained.
 - 0-4: Low presence of toxic beliefs. You may have a healthy belief system in this area.
-

Personal Reflections: What You've Discovered

Reflecting on your quiz results is a key step in understanding how toxic beliefs influence your life. Take a moment to think about your answers and what they reveal about your mindset and emotions

What patterns or recurring themes did you notice in your quiz results?

How do these toxic beliefs affect your daily decisions, interactions, and overall well-being?

What emotions surfaced while answering the quiz questions?

Did you feel any discomfort, relief, or surprise?

How do these emotions align with the beliefs you identified?

Notes:

Biblical Affirmations: Replacing Lies with Truth

As you work through your journey of overcoming toxic beliefs, it's important to remember that God's truth offers profound encouragement and affirmation. Here are some Bible verses that correspond with common toxic beliefs to help reinforce a positive, faith-based mindset.

Toxic Belief: "I'm not good enough"

Encouraging Bible Verse:

1.

- Verse: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." — Psalm 139:14 (NIV)

Affirmation:

- "You are created in God's image and are inherently valuable and worthy. Embrace the truth that you are wonderfully made."

Toxic Belief: "I am my past mistakes"

Encouraging Bible Verse:

2.

- Verse: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17 (NIV)

Affirmation:

- "Your past does not define you. In Christ, you are a new creation, free from past mistakes and empowered to live a renewed life."

Toxic Belief: "I'm not worthy of love"

Encouraging Bible Verse:

3.

- Verse: "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." — Romans 5:8 (NIV)

Affirmation:

- "God's love for you is unconditional and immense. You are worthy of love because of His great sacrifice and unwavering affection."



Let these verses remind you of the truth of God's love and the reality of who you are in Him. Embrace these affirmations as you continue on your path to healing and transformation.

PRACTICAL TIP #1

Your Tools & Resources

Identifying toxic beliefs in real time Practical Tip

- Set aside 5 minutes each morning or evening to reflect on any negative self-talk that occurred during the day.
- Reframe those thoughts with empowering alternatives.



EMOTIONAL AWARENESS PRACTICAL TIP:

- When faced with a stressful or triggering situation, take a deep breath and ask, "What am I feeling right now?"
- "Is this emotion guiding me toward the right decision?" This moment of awareness can prevent knee-jerk reactions.

PRACTICAL TIP #2

Your Tools & Resources

Overcoming shame based thinking

- Every time shame-based thoughts arise, like "I am my past mistakes,"
- Practice saying aloud: *"I am not my mistakes. I am growing and learning every day."*
- This verbal affirmation can help shift the mindset toward self-acceptance.



Gratitude Practical Tip:

- Each night, write down three things you're grateful for.
- Even if they're small, this habit helps cultivate a positive mindset and keeps toxic beliefs at bay.

Encouraging Note

Remember, this is just the beginning of your journey. Recognizing these beliefs is a significant achievement and a crucial step toward healing.

Follow for Inspiration & Exclusive Updates

To further support your journey in overcoming toxic beliefs and embracing God's truth, here are some valuable resources and ways to stay connected with me:

- Follow me on Instagram and Facebook click the links below for daily inspiration, empowering messages, and updates on upcoming book releases.
- Stay tuned for exclusive content, free resources, and announcements by subscribing to my newsletter here.

Key Points Recap

- We explored common toxic beliefs that can shape our self-perception and relationships, such as 'I'm not good enough,' 'I'll always be alone,' and 'I am my past mistakes.'
 - You took a self-assessment quiz to identify these beliefs in your own life and reflected on how they impact your decisions and emotions.
 - We discussed how acknowledging these beliefs is the first step toward overcoming them and creating positive change.
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Connect with Me: Stay Inspired and Informed

I'm excited to share that what began as one book has now evolved into three! Each will explore deeper themes of healing, transformation, and faith, drawing from personal experience and offering practical guidance for breaking free from toxic beliefs.

Book Title: Addicted to Pain

This memoir is a raw and honest account of my journey from brokenness to healing, sharing the life-altering moments that led me to embrace God's truth.

The next book in the series will continue to build on this foundation, offering a unique perspective on transformation for women looking to break free from destructive paths.

Stay tuned for more details on the upcoming releases!



Do You Need More Help?

[Schedule A Discovery Session](#)

Visit my website www.wordzthatspeak.com where you will find blog posts, resources, and tools designed to help you on your journey to self-awareness and healing.

Follow me on Instagram and Facebook for daily inspiration, empowering messages, and the latest updates on upcoming book releases. Click the links below to join the community and stay

connected!

