

## **Conscious Awareness Exercise**

By Dr. Jeffrey Schwartz and Dr. Gabor Mate

1. **Relabel:** Write a reframe. E.g. "It's not that I am unworthy. I have a belief that I'm unworthy."
2. **Reattribute:** It's just my brain sending me an old familiar belief or message, which was programmed a long time ago.
3. **Refocus:** Find some other focus (e.g. something you will enjoy, walk, listen to music). Get your mind off that thought.
4. **Revalue/Reevaluate:** What was the actual value/impact of this belief? The negative belief e.g. keeps you hopeless, isolated, stuck.
5. **Recreate:** Imagine a different life. What kind of life do you want for yourself?