



2I: EMBRACING NEW EMPOWERING BELIEFS

False Beliefs I have Released	True Beliefs I Now Embrace
<p>Examples:</p> <ul style="list-style-type: none">◆ I have a better chance of being killed by a terrorist than getting married because all the good ones are taken by my age.◆ I can't find I want to be with who can love the real me.	<p>Examples:</p> <ul style="list-style-type: none">◆ There are plenty of quality, single people my age out there if I just put myself out there.◆ I know there are several soul mates out there who would be the right fit for me.