



EVALUATING TOXIC BELIEFS

INSTRUCTIONS: Beliefs are thoughts that we repeat and accept as truth. What may be true for you may not be true for others. It is good practice to periodically evaluate what we believe, especially if these beliefs are causing us difficult feelings and distress. Let's focus on working with the stories that are having a negative impact on our wellness.

QUESTION #1: WHAT STORIES DO YOU TELL YOURSELF ABOUT YOUR CO-WORKERS/ MANAGEMENT/ CLINIC/ SELF THAT ARE CAUSING YOU STRESS? USE A NEW SHEET FOR EACH.

QUESTION #2: HOW DOES THIS STORY MAKE YOU FEEL?

QUESTION #3: HOW IS FEELING THIS WAY IMPACTING THE WAY YOU SHOW UP IN THE WORLD?

QUESTION #4: WHEN THIS OLD STORY ARISES, WHAT WILL YOU TELL YOURSELF TO SHIFT TO THIS NEW UNDERSTANDING?

QUESTION #5: HOW WILL YOU BENEFIT FROM THIS NEW UNDERSTANDING?



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REFRAMING OLD STORIES INTO NEW UNDERSTANDINGS

QUESTION #1: What stories do you tell yourself about your co-workers/
management/ clinic/ self that are causing you stress?

QUESTION #2: How is this story untrue? Argue the opposite. Could there be
another side to the story that you may not be seeing?