

How To Transform Your Beliefs

1. Make the choice to change

You have to choose it, it won't just happen without intention.

2. Think about your beliefs

What part of you says, "The way I am isn't the right way to be in a relationship"? Where did that come from?

3. Look at the results of those beliefs

You adjust who you are to make yourself "more right," which confuses your partner and pulls you away from yourself.

4. Take a moment to grieve

You are entering a process of change. Put down your old expectations of yourself and your relationship and open yourself to new possibilities.

5. Choose yourself

Take the mental step of separating yourself from the old beliefs. You are worthy of a healthy relationship and you can do the work of standing up for yourself.

6. Heal yourself

Your body takes the physical stress of not being in sync with who you truly are and tries to save you from yourself. Bring your beliefs back to your real identity and relieve the stress in your body.

7. Love yourself

To fully explore and discover your truth, learn to feel your emotions, not hide from them.

8. Love others

Build a support system that helps you feel worthy of support and allows practice in supporting others.

9. Connect to a larger framework

Connect to the creative force within you. That spiritual connection to the universe makes you feel alive.

10. Know your truth

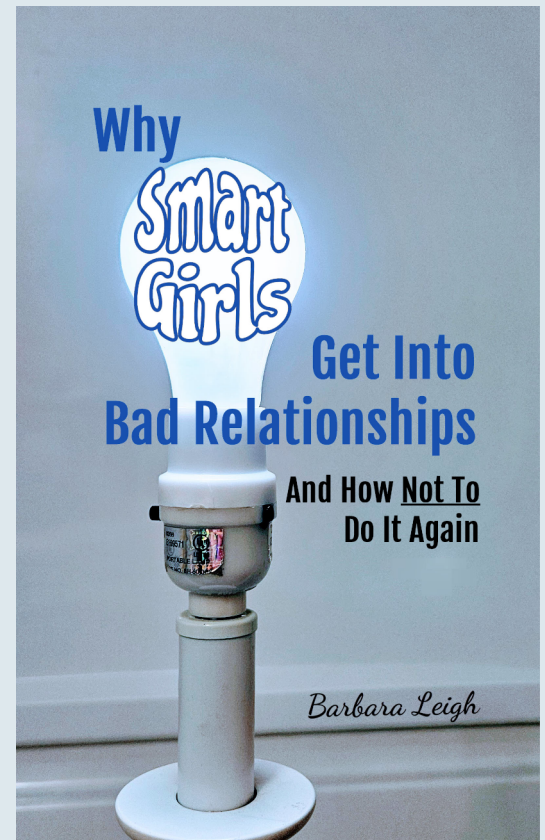
Learn to recognize your old beliefs and reject them as untrue.

11. Your old life will still be there; use your skills

Use your feelings, physical and emotional, to detect when you are not being truthful. Set boundaries, seek support, and use your creativity to continue to connect with yourself.

12. What does moving on look like?

Moving on feels like being honest and being confident in staying true to yourself.



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