

Root Belief Healing Worksheet

"I am worthy of love even when I feel unworthy."

1. Name the Trigger/Loop

What was the moment I got triggered?

Describe it here:

What belief came up in my body or mind?

(Examples: "I'm not loved." "Everyone hates me." "They're going to leave.")

How did I react?

(Did I withdraw? Seek validation? Get angry?)

2. Inner Child Reflection

How old did I feel in that moment?

What memory or dynamic does this remind me of?

Whose voice or energy does it echo?

Now decide if you want to use the *audio provided* OR *write a letter* to the younger you who first felt this pain. Speak to her gently.

Example starter:

“Hi sweet one. I see how hard this is for you. You’ve been carrying the belief that you’re not loved when things feel uncertain. But I want you to know...”

3. New Belief Creation

Old belief:

“I’m not loved / I’m not safe / I’ll be abandoned”

New belief (choose or create one):

- “I am deeply loved, even when it’s quiet.”
- “My worth doesn’t depend on anyone’s reaction.”
- “I am safe, and I belong to myself.”
- “I don’t have to earn love—I am love.”

Write your new belief here:

Place this belief:

☐ On a mirror

☐ In your phone background

☐ As an audio recording

☐ In your journal

☐ Anywhere you’ll see it daily

4. Somatic Integration

Next time this belief rises:

- Breathe. 3 deep breaths into your heart or belly.
- Touch. Place your hand gently on your heart or cheek.
- Speak. Whisper: “I’m safe. I’m loved. I’m here now.”
- Move. Let tears, trembles, or humming happen if they come.

Optional release song: Play the song “In Dreams” by Jai-Jagdeesh Listen with headphones. Let your body feel it all and release whatever needs to be released!

5. Integration & Support

When I feel triggered again, I will...

- Go inward and journal.
- Listen to my chosen song.
- Reach out to someone safe for connection (not validation).
- Repeat my new belief.
- Place hand on heart and breathe.

Final Journal Prompts (for deeper layers)

- What does this belief protect me from?
- What might open up if I let this belief go?
- How does it feel to love myself through discomfort?
- What does unconditional love look like for me?