

LIMITING BELIEF CHALLENGE EXERCISE

<u>LB</u>	<u>Thoughts & feelings</u>	<u>Evidence it's true</u>	<u>Evidence it's false</u>	<u>How would life without LB?</u>	<u>APB</u>	<u>Thoughts & feelings</u>
<p>"I can't get a better paid job."</p>	<p>"I'm scared I won't even get an interview."</p> <p>"I'm not good enough to apply for that job, there will be people applying with way more experience or ability than me."</p> <p>"I feel helpless, stuck, miserable."</p>	<p>"I went for a recent interview a few months back and didn't get the job."</p> <p>"The higher you go in this company, the fewer opportunities there are."</p>	<p>"I have a lot of experience in my job and therefore I should have a good chance of being successful."</p> <p>"If I keep applying for positions soon I should get an opportunity."</p> <p>"There are most probably lots of options out there, I just need to look further a field."</p> <p>"If I just keep trying, eventually I will get a 'yes'."</p>	<p>"Without this belief I would be more confident and upbeat."</p> <p>"I would be more energized about looking for jobs and spend more time applying for other opportunities."</p> <p>"Without this belief I would come across as a better candidate in interviews."</p> <p>"I would see the whole process of looking for a better job as more fun and less stressful."</p> <p>"I would be excited about the future."</p>	<p>"I'm so excited that I will soon be offered my ideal next role."</p>	<p>"I feel calm and confident that I will soon be moving forward in my career."</p> <p>"I will soon be earning more money and will be able to do so much more."</p> <p>"I feel excitement, anticipation and hopefulness."</p>