

LIMITING BELIEF CHALLENGE EXERCISE

LB

Thoughts  
& feelings

Evidence  
it's true

Evidence  
it's false

How would life  
without LB?

APB

Thoughts  
& feelings

<u>LB</u>	<u>Thoughts &amp; 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 &amp; feelings</u>