

IDENTIFYING BLOCKING BELIEFS WORKSHEET

Problem I Want to Solve _____

Feels Completely True ———> ———> Feels Completely Untrue
 1 2 3 4 5 6 7

I'm embarrassed that I have this problem.							
I will never get over this problem.							
I'm not sure I want to get over this problem.							
If I solve this problem, I will feel deprived.							
I don't have the strength or the will power to solve this problem							
If I really talk about this problem, something bad will happen.							
This is a problem that can only be solved by someone else.							
If I ever solve this problem, I will lose a part of who I really am.							
I don't want to think about this problem any more.							
I should solve this problem, but I don't always do what I should.							
I like people who have this problem better than people who don't.							
It could be dangerous for me to get over this problem.							
When I try to think about this problem, I can't keep my mind on it.							
I say I want to solve this problem, but I never do.							
It could be bad for someone else for me to get over this problem.							
If I get over this problem, I can never go back to having it again.							
I don't deserve to get over this problem.							
This problem is bigger than I am.							
If I got over this problem, it would go against my values.							
Someone in my life hates this problem.							
There are some good things about having this problem.							
Frankly, I don't have a problem.							
I've had this problem so long, I could never completely solve it							
I have to wait to solve this problem.							
If I solve this problem, I could lose a lot.							
If I solve this problem, it will be mainly for someone else.							

REFERENCE

Popky, A.J., Smoking Protocol, EMDR Annual Conference, Sunnyvale, Ca., 1994.