Belief Integration Dialogue Worksheet

Use this worksheet to guide yourself through the Belief Integration Dialogue process. Each section invites you to reflect, write, and shift into a new empowering belief.

Step 1: Identify the Limiting Belief

Write the belief that feels like it has been holding you back.

Step 2: Personify the Belief

How does this belief appear to you? Describe it as a character, symbol, color, or younger version of yourself.

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Step 3: Dialogue with Compassion

Ask this part: - What are you trying to do for me? - When did you first take on this job? - What do you need now to feel complete? Write what comes up.

Step 4: Gratitude and Release

Write a message of thanks and release to this part of you.

Step 5: Install the Empowering Belief

What is the empowering opposite belief you are choosing now?

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Step 6: Somatic Sealing

What gesture or posture will you use to anchor this belief in your body?

Step 7: Future Self Integration

Imagine yourself one year from now, fully living this belief. What message does your future self send back to you?

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