

MODULE TWO

Core Beliefs & Personal Agency Worksheet Checklist

- Resilience Audit
- Truth Serum
- Calm the Storm
- Relationship Negotiator
- Limiting Beliefs Audit
- Personal Agent



Core Beliefs & Personal Agency

Resilience Audit



Our PERCEPTION that something is stressful will create a stress response and decrease our resilience. Use this worksheet to help evaluate your perception of stress so that you can build your resilience.

1	Describe a stressful situation that happened in the past two weeks.	
2	What did it mean to you that this situation occurred?	
3	What did it tell you about yourself, the other person, the world, the past or the future?	
4	Rate how TRUE this is out of 10.	
5	If your rating was not 10/10 (complete certainty), could it mean something different? Examine the situation from another perspective. What is also true? Are there other explanations?	
6	Are the alternatives as extreme as your first impression?	

Core Beliefs & Personal Agency

Truth Serum



Build your resilience to stress. Use this worksheet to tell yourself the truth as you are experiencing or anticipating stressful situations.

Practice on future situations

Situation	Automatic Thoughts	Truth
<i>Upcoming interview for a job that I really want...</i>	<i>I am not good enough, they won't think I am smart enough.</i>	<i>I know I am qualified for this position. I have worked hard at my previous job. My skills and abilities match the job description.</i>

Core Beliefs & Personal Agency

Calm the Storm



Manage the stress response in your body. Use this worksheet to help you gain self-awareness around where you may need to calm your stress response.

Find Your Space

Rate your awareness. Are you able to notice when you physically start to react to stress (heart rate, voice, tension in body etc.)?	0 _____ 5 _____ 10
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Rate your ability to “take a minute” and pause during a difficult conversation. Are you able to manage impulsiveness?	0 _____ 5 _____ 10
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Rate your ability to call a “time out” when you notice yourself become physically activated or reactive during a difficult conversation.	0 _____ 5 _____ 10
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Burn Through It

When you feel your stress response activated, do you engage in physical activity to “burn it off”?	0 _____ 5 _____ 10
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Breathing

Do you focus on deepening your breath when you feel your stress response activated?	0 _____ 5 _____ 10
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**Which of these categories need attention and action?
Create a plan for how you will implement change.**

Item	Plan

Core Beliefs & Personal Agency

Relationship Negotiator



The people closest to us may become reactive when we begin to make changes to ourselves and our relationships. Use this worksheet to anticipate the responses of those closest to you when you start asserting yourself so that you can be prepared.

Name of person	What they expect (Communication style / behaviour/ their reaction)	Your planned response
Jane	<p><i>Jane expects me to be passive and say yes when she asks me to go out dancing with her, even though I don't always want to go out. Jane will most likely question any suggestion I make/ or try and make me feel guilty if I try to say no.</i></p>	<p><i>I will remember that what I want to do is just as important as what Jane wants to do. I will pick a polite way to say no if I don't want to go out, and stick to it:</i></p> <ul style="list-style-type: none"> - <i>The idea sounds great! But to be honest, I'm looking for a quieter evening. How about...</i>

Core Beliefs & Personal Agency

Limiting Beliefs Audit

	<p>Our communication style is often connected to our family of origin. Use this worksheet to explore how your upbringing impacts the way you relate to others.</p>
<p>Were you raised to be passive, aggressive, or passive-aggressive? Is there a connection to this and your gender?</p>	
<p>During your upbringing, who did you model to adopt a non-assertive style? Why?</p>	
<p>In your current life are there situations in which your being assertive is discouraged? Is there a connection to your gender or any other perceived barrier?</p>	
<p>Has your view about assertiveness shifted? Do you still have any reasons as to why assertiveness is not a good option for you? If so, what are your reasons?</p>	

Core Beliefs & Personal Agency

Personal Agent

	Change is not always easily accepted by those around us. Use this worksheet to explore your personal agency and the impact of making changes.	
Who have you given control to in your life?		
Will they react poorly when you try and take control back? How so?		
Are you prepared to handle these reactions? How will you manage these reactions?		
Who will support you in these changes and help with accountability?		