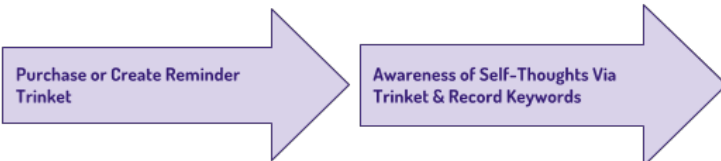


# Aridif's 10-Step Shadow-working Exercise to Let Go of Limiting Beliefs!



1. Find, make or purchase a trinket that is always in view of your eyesight to remind yourself to be aware of your thoughts--what you are saying to and about yourself.
2. Find a way to record the *keywords* you realize that you tell yourself, such as writing a list, a diagram, or audio device.
3. Through awareness of the trinket, when you come into a self-loathing or self-beating mode, stop what you are doing in that moment and be open for awareness of keywords that activate negative feelings and emotions.



**Sample Keyword Worksheet**      Date \_\_\_\_\_

Keyword(s) Observed:	Observed Keywords Within Thoughts and Stories:
1. Stupid	"I'm so <u>stupid</u> ."
2. Keywords: <i>Given up, (rejected) not want me, (unwanted) father left, (abandoned) ending up with me (unwanted), Abandoning, no one has ever wanted me (rejected)</i>	When I was a child, I was <u>given up</u> for adoption. Not only did my parents <u>not want me</u> , but I was abused by my step-father. After my adoptive parents divorced and my mother re-married, <u>my father left</u> and my step-father was not thrilled with <u>ending up with me</u> when he married my Mom. When I grew up, the men I loved always ended up <u>abandoning me</u> . I feel like in my life, <u>no one has ever wanted me</u> .

## Example Steps 4-7 and Sample worksheet

**During your evaluation in answering steps 4 through 7, try not to relate to, or tell stories about the answer. (Be the observer and observe your feelings) If you can manage to do this, you won't have to proceed beyond step 9. (However if you do get caught up in the stories of your past and concerns of your future, or tell elaborate explanations, write them down, then find and underline your keywords after you answer questions)**

**4. When you become aware of the keywords within your negative, limiting beliefs, first ask yourself:**

**A)** What beliefs do I have that make this affect me? *(If you find that you can't answer question A, then proceed to question B below instead)*

**B)** What are in my thoughts that trigger these negative emotions and feelings? *(If you find that you can't answer question B, then proceed to question C below instead)*

**C)** What in my actions have made this keyword affect me?

**5. If you got an answer for question A, you do not have to proceed with question 6 unless you feel this will be helpful to you, then you may skip to step 8.**

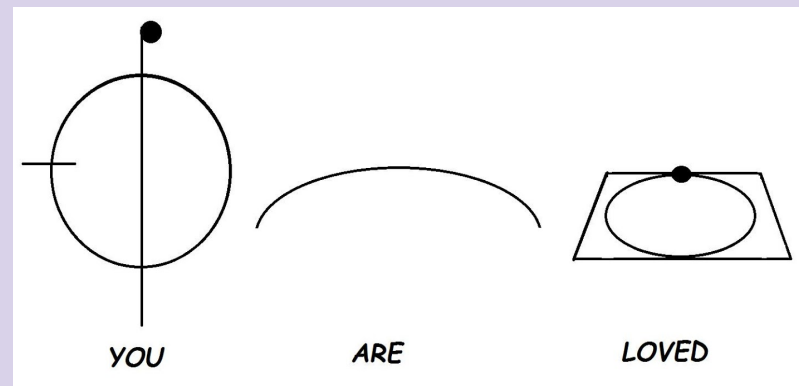
**6. If you get an answer to any of the questions in Step 4 above, then follow the same directions from step 4, for question 6. Repeat question A, B or C, (attempt answering question A first) based off the new keywords you got from Step 4.**

**7. Repeat the same steps in Step 6 with your next set of answers**

Keyword: _____		
<p><b>A) What beliefs do I have that make this affect me?</b> <i>If you find that you can't answer question A, then proceed to question B below instead.</i></p>	<p><b>B) What are in my thoughts that trigger these negative emotions and feelings?</b> <i>If you find that you can't answer question B then proceed to question C below instead.</i></p>	<p><b>C) What in my actions have made this keyword affect me?</b> <i>If you find that you can't answer any of the questions in number 4 at the moment. Remind yourself that <b>YOU ARE LOVED!</b></i></p>

8. Once you answer steps 4, 6 and 7, then go to your knowledge base...your true heart's resonance and state a truth about your final answers to your questions in step 7. **Example:** *The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore I know I'm not unwanted. I exist because the Universe loves me.*
9. Once your truth is revealed, repeat your truth aloud, 9 times in a row and in summation, and remind yourself that **YOU ARE LOVED!**

*1. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 2. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 3. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 4. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 5. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 6. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 7. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me. 8. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me.*



*9. The Universe loves me. The Universe will never abandon, or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore, I know I'm not unwanted. I exist because the Universe loves me.*

**I AM LOVED!!**

10. Step 10 is meant to be worked on if you find that your answers are attached to personal stories, attachments to pasts and old patterns that no longer serve you. If you find that your answers in steps 4 through 7 include such thoughts, then for step 10, remind yourself that others' thoughts and actions cannot be known to you unless others are openly sharing their thoughts and actions. If you find that you have this pattern of projecting on to others, or associating with stories, you can optionally go back and answer 4B and 4C in relation to your keywords and answers.

## Keyword worksheet

Date \_\_\_\_\_

Through awareness of the trinket, when you come into a self-loathing or self-beating mode, stop what you are doing in that moment and be open for awareness of keywords that activate negative feelings and emotions.

Keyword(s) Observed:	Observed Keywords Within Thoughts and Stories:

## A, B and C Keyword Evaluation Questions worksheet (Step 4)

During your evaluation in answering steps 4 through 7, try not to relate to, or tell stories about the answer. (Be the observer and observe your feelings) If you can manage to do this, you won't have to proceed beyond step 9. (However if you do get caught up in the stories of your past and concerns of your future, or tell elaborate explanations, write them down, then find and underline your keywords after you answer questions)

### 4. When you become aware of the keywords within your negative, limiting beliefs, first ask yourself:

Keyword: _____		
<p><b>A) What beliefs do I have that make this affect me?</b> <i>If you find that you can't answer question A, then proceed to question B below instead.</i></p>	<p><b>B) What are in my thoughts that trigger these negative emotions and feelings?</b> <i>If you find that you can't answer question B then proceed to question C below instead.</i></p>	<p><b>C) What in my actions have made this keyword affect me?</b> <i>If you find that you can't answer any of the questions in number 4 at the moment. Remind yourself that YOU ARE LOVED!</i></p>

### 5. If you got an answer for question A, you do not have to proceed with question 6 unless you feel this will be helpful to you, then you may skip to Step 8.

## A, B and C Keyword Evaluation Questions worksheet (Step 6)

6. If you get an answer to any of the questions in Step 4 above, then follow the same directions from step 4, for question 6. Repeat question A, B or C, (attempt answering question A first) based off the new keywords you got from Step 4. When you become aware of the keywords (from step 4) within your negative, limiting beliefs, first ask yourself:

Keyword: _____		
<b>A) What beliefs do I have that make this affect me?</b> <i>If you find that you can't answer question A, then proceed to question B below instead.</i>	<b>B) What are in my thoughts that trigger these negative emotions and feelings?</b> <i>If you find that you can't answer question B then proceed to question C below instead.</i>	<b>C) What in my actions have made this keyword affect me?</b> <i>If you find that you can't answer any of the questions in number 4 at the moment. Remind yourself that YOU ARE LOVED!</i>

## A, B and C Keyword Evaluation Questions worksheet (Step 7)

7. Repeat the same steps in Step 6 with your next set of answers.

Keyword: _____		
A) What beliefs do I have that make this affect me? <i>If you find that you can't answer question A, then proceed to question B below instead.</i>	B) What are in my thoughts that trigger these negative emotions and feelings? <i>If you find that you can't answer question B then proceed to question C below instead.</i>	C) What in my actions have made this keyword affect me? <i>If you find that you can't answer any of the questions in number 4 at the moment. Remind yourself that YOU ARE LOVED!</i>

8. **Once you answer steps 4, 6 and 7, then go to your knowledge base...your true heart's resonance and state a truth about your final answers to your questions in step 7.**
  
9. **Once your truth is revealed, repeat your truth aloud, 9 times in a row and in summation, and remind yourself that YOU ARE LOVED.**
  
10. **Step 10 is meant to be worked on if you find that your answers are attached to personal stories, attachments to pasts and old patterns that no longer serve you. If you find that your answers in steps 4 through 7 include such thoughts, then for step 10, remind yourself that others' thoughts and actions cannot be known to you unless others are openly sharing their thoughts and actions. If you find that you have this pattern of projecting on to others, or associating with stories, you can optionally go back and answer 4B and 4C in relation to your keywords and answers.**