

IDENTIFYING RESISTANCE TO NEW BELIEFS

New Thought	Resistant Thoughts	Softening the Resistance
<p>Example: <i>I am a valued and worthy human being.</i></p>	<ol style="list-style-type: none"> 1. <i>I've done a lot of bad things in my life.</i> 2. <i>No one else thinks I'm worthwhile.</i> 3. <i>This is a stupid exercise.</i> 	<ol style="list-style-type: none"> 1. <i>I've learned from my mistakes.</i> 2. <i>What I think about myself is what counts.</i> 3. <i>I am willing to try doing something different to get a different result in life.</i>
1.	1.	1.
	2.	2.
	3.	3.
2.	1.	1.
	2.	2.
	3.	3.
3.	1.	1.
	2.	2.
	3.	3.