

Identifying Emotional Blocks Worksheet

This exercise will take some soul searching and brutal honesty. The best time to go through this exercise is when you have some time alone and can devote your full attention to the exercise. You will know you need to go through the exercise when a memory causes an uncomfortable feeling such as guilt, remorse, embarrassment, insecurity, or anger. For some, feelings of superiority or dominance are masks of underlying fears and insecurities. Life is a complex adventure. You may find it necessary to redo the exercise several times over the same memory or event, each time uncovering different emotions or beliefs. You will know the exercise has been successful when the memory no longer causes uncomfortable feelings. Negative experiences aren't the only ones that can cause unsupportive emotions. Sometimes a positive experience can contribute to an unsupportive belief system. For example, a young person may be praised or even receive a school award for outstanding talent as a writer, artist, or musician. But as life goes on, the individual may become an engineer or businessperson. They may hold feelings of guilt for not living up to the acclaim and expectations of their teachers or peers. Those feelings of guilt can hold someone back from being able to fully devote themselves to their career. It can be the same for you, too.

List a time in the past when you felt like a failure due to loss of a job, business venture, relationship or personal goal. _____

What was the cause of the failure? _____

What belief (if any) were you holding at the time that influenced the failure? _____

In what way did the failure influence your current belief system? _____

List other persons or events that influenced the failure.

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

List your own choices that influenced the failure.

Action Steps: Say these statements aloud. Repeat them until you truly believe them.

Self-Acceptance: “Even though I list your failure, I love and accept myself just the way I am.”

Forgiveness: “I fully forgive person’s name for their contribution to the failure.”

Statement of Worthiness: “List the failure happened, but I learned from my mistakes and am ready to move on because I am worthy of success and deserve to succeed.”