Worksheet

Break The Negative Belief

If you believe that your ex is negative towards you, not being aware of this belief cycle will impact how you influence her to feel that way, and vice versa, how her feeling that way will keep on making you feel worse about yourself. **You need to break the cycle by learning that your thought about her does not determine your relationship.**

	She thinks		I think	
She feels				I feel
If she thinks that, what might she feel?				How do your thoughts affect your feelings?
	She does		l do	
	If she feels that way, what might she do?	fee	How does what you el affect what you do?	

Trigger

Worksheet

Break The Negative Belief

If you believe that your ex is negative towards you, not being aware of this belief cycle will impact how you influence her to feel that way, and vice versa, how her feeling that way will keep on making you feel worse about yourself. **You need to break the cycle by learning that your thought about her does not determine your relationship.**

She thinks

I am still the same insecure guy who begged for her attention

She feels

Turned off again and questions vmy masculinity

If she thinks that, what might she feel?

She does

Starts to distance herself even more and never replies

If she feels that way, what might she do?



Trigger

I feel

Like I am not good enough for her

How do your thoughts affect your feelings?

I do

I become impulsive and more likely to overchase her

How does what you feel affect what you do?