

## Negative Vows Worksheet

<b>WHAT IS BLOCKING ME? Name a persistent pattern that undermines or sabotages your life today.</b>	<b>WHAT IS THE UNDERLYING BELIEF? Can you recall the circumstance(s) when you made the decision to believe or behave this way? How did it serve you then?</b>	<b>WHAT IS ITS EFFECT/CONSEQUENCES? What impact has it had on my life? Who has been hurt as a result? What does it keep me from expressing/doing? Am I ready to release and move on?</b>

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