

Planting New Root Beliefs

Task or situation you have been avoiding:

Root Belief

(Circle the underlying beliefs that apply.)

I must not make a mistake.

I must not displease others.

I must feel motivated.

I must not give in to others.

New Root Belief

I am willing to make a mistake.

I am willing to displease others.

I don't need to feel motivated. Taking action may lead to motivation and full engagement.

I can cooperate with others.

Task-Avoidant Thoughts

Write down the thoughts that pop into your mind when you think about getting started.

Task-Friendly Thoughts

Write down alternative thoughts that counter the avoidant thoughts.