

## 11. Take stock of your excuses

1. Look back at the beliefs you wrote down in Exercises #7 and #8 in Step Three. Now that you've had practice determining one of your excuses in Exercise #10, write down the excuse related to each of your top five beliefs. Try the "I can't" approach, but if that doesn't work, don't worry. If your belief and your excuse sound exactly the same, that's fine. Here's an example using "I can't":

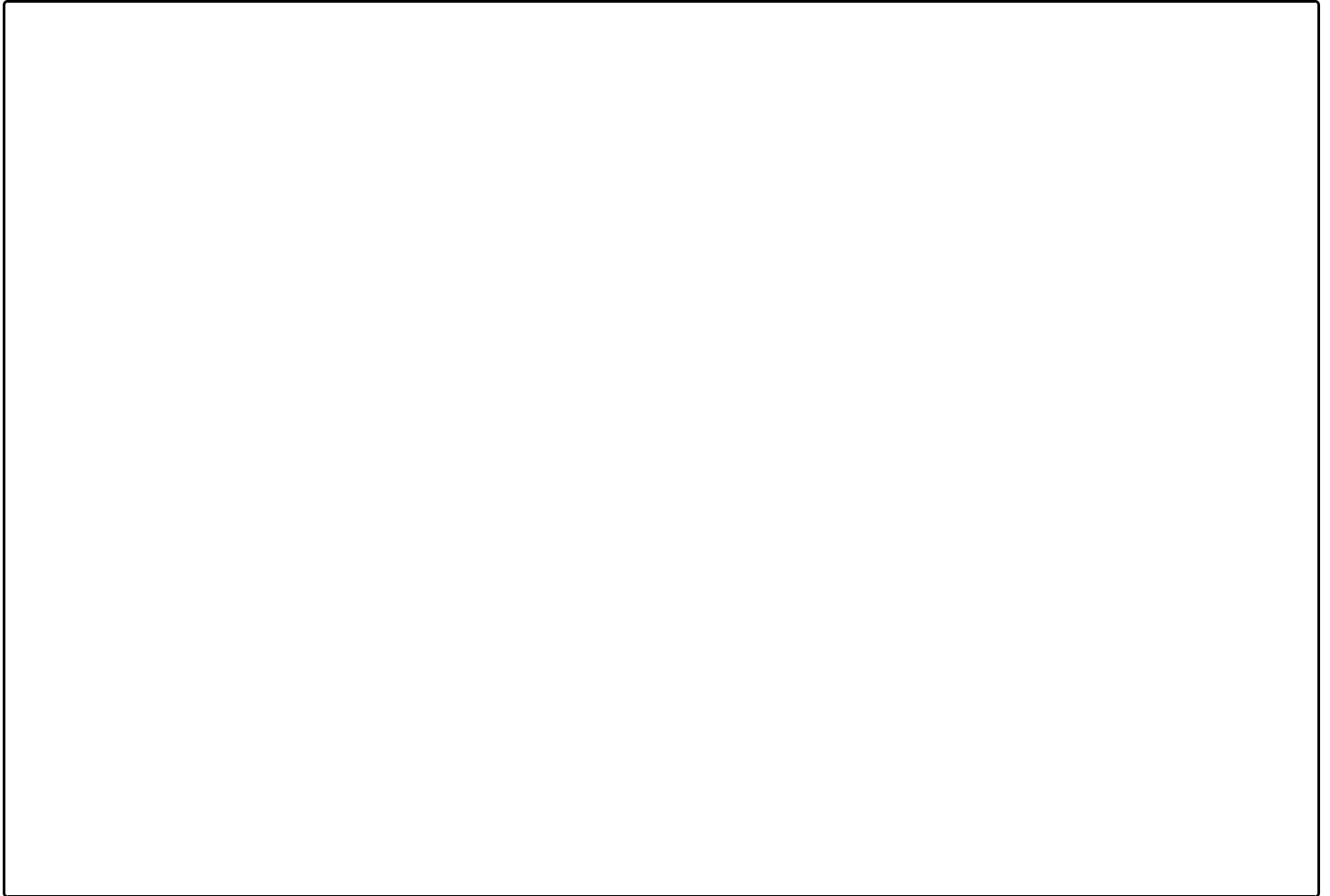
Belief: "I will always struggle."

Excuse: "I can't get a better job or take a course or improve my circumstances because I will always struggle."

Rephrased excuse: "I'm *resistant* to getting a better job or taking a course or improving my circumstances because I *believe* I will always struggle."

Now, write your's down.

2. Next, look at your belief/excuse combo, and ask yourself: If this belief and excuse disappeared tomorrow, what could/would I do in my life that I can't do now? Write down what comes to mind without censoring. For example, "If I didn't believe I will always struggle, I could go beyond getting a better job. I could start my own business!"

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3. Do you feel excited about the possibilities? Can you see yourself letting go of the belief and excuse, or does it feel like it will take you a while? If it still doesn't feel possible, don't worry. As you continue through the steps you'll get closer and closer, I promise!

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