



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 5: Confronting Powerlessness

ACTIVITY 1: What is powerlessness in relationships?

Directions: One major block to the heart and mind is when we feel powerless. For the following activity, check any and all of the following statements about Powerlessness in Relationships that are true for you. Once you have marked the behaviors, which are true for you, identify one or more Negative Core Beliefs, which lie at the root of these behaviors and how you can replace it with a Positive Core Belief.

_____ 1. Inability to control the uncontrollable people, places, things and conditions in your life.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 2. Lack of ability to affect or change the compulsive or addictive behaviors of others, which affect you negatively.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

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_____ 3. Inability to make others exactly what you want them to be.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 4. Inability to change past events which have had a negative impact in your current life.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 5. Complete lack of control, authority, or status to affect how others will treat or act towards you.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

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_____ 6. Inability to ensure that all of your dreams and fantasies for the way you want life to be will come true in reality.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 7. Inability to completely change things you have attempted repeatedly to change with no success.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 8. Lack of ability to reach out to ask for others' help and support in facing these problems that are beyond your power and control.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

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_____ 9. Deny the existence of a Higher Power in your life upon whom you can call for help and assistance.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?

_____ 10. Forget that you are a human being and as such open to failures and mistakes.

Negative Core Belief behind this reality if it is true for you:

What Positive Core Belief do you need to replace it with?
