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**TRANSFORMING LIMITING BELIEFS**

**STEP 2: The Chosen Channel**

Once you are clear on what you feel, you can move to answer the question, what story am I telling myself that is causing this belief.

In this step you identify the channel you have chosen to listen to on the radio. Many different songs are playing, but you have selected one. Describe the story below.

1. In a few sentences, write the story you are telling yourself. Don’t judge the story or try to change it, or even argue the truth or falsehood of it. Just see if you can surface it.
2. Who is the hero in the story?
3. Who is the villain?
4. What part of the story do you know is true? (These are the indisputable facts).
5. What part of the story are you guessing or using your intuition about? (These are the interpretations about the facts).
6. Is this a familiar story? One you have told a version of before? Or is a completely new story?

When you have the answers to these questions, move on to step 3, the next worksheet.