

WHAT YOU BELIEVE YOURSELF TO BE

(Is A Belief To Be Undone)



THE IDENTITY I MADE

Name _____ F ☐ M ☐

Date of Birth _____

Age (include any meaning you've given age) _____

Nationality _____

Parents _____ Siblings _____

_____ Partner _____

Children _____

Extended Family _____

Career Highlights & Achievements _____

Personality Attributes (*Strengths & Weaknesses*) _____

Hobbies _____

Other Roles _____

Starsign/horoscope _____

Health Status _____

Preferences in Life _____

Wants & Desires _____

Likes & Dislikes _____

What "I" Care Most About _____

What I Believe Myself to Be _____

People You Admire/Follow _____

Attachments in the world _____

Life Story of 'You' (you will need several pages to thoroughly explore all that you identify with in your 'life' from pre-birth of the body until now): _____

Archetypal Patterns: _____

Recurring thoughts/memories/ideas: _____

AS YOU EXPOSE BELIEFS, MAKE A NOTE OF THEM BELOW...

