

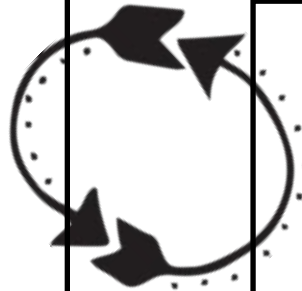
Origins Worksheet

Origins (as many as you can think of):

Current Events/Triggers

The Thought

Actions you take that reinforce/
conform with belief:



New Thought:

