



## Day 2 - Worksheet

List out all the thoughts and stories you tell yourself about how you are unsafe.

Example - I have to look after the children, I don't trust anyone else

**Notes -**

Then logically disprove the above thoughts, write out ways they are untrue.

Example - I could get a baby sitter or ask a family member to watch the children, It could just start out for an hour to begin with while I develop trust

**Notes -**

What thoughts are you spinning in?

Example - That person doesn't like me, I'm not good at my job....

Bring your thoughts to the next live coaching call.

**Notes -**