

## IDENTIFYING RESISTANCE TO NEW BELIEFS

New Thought	Resistant Thoughts	Softening the Resistance
<p><b>Example:</b> <i>I am a valued and worthy human being.</i></p>	<ol style="list-style-type: none"> <li>1. <i>I've done a lot of bad things in my life.</i></li> <li>2. <i>No one else thinks I'm worthwhile.</i></li> <li>3. <i>This is a stupid exercise.</i></li> </ol>	<ol style="list-style-type: none"> <li>1. <i>I've learned from my mistakes.</i></li> <li>2. <i>What I think about myself is what counts.</i></li> <li>3. <i>I am willing to try doing something different to get a different result in life.</i></li> </ol>
1.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
2.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
3.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>