

Become Unfuckwithable

BU Exercise 5:
Letting Go and Creating Space
for Something Better

Self-love grows when we let go of beliefs, thoughts and behaviours that contribute to our self-image as someone who is lacking, unworthy and, well, unlovable.

The **Letting Go and Creating Space for Something Better Exercise** is to assist you in, firstly, identifying what beliefs have been weighing you down or holding you back on your way towards becoming unknuckwithable, and, secondly, letting go of those sabotaging beliefs. In the letting go, you begin to see yourself as someone you have confidence in, respect, value and appreciate. This also enables others to see you the same way. Letting go of these detractors of self-love creates space for your selfies of self-love thrive.

What you need for the exercise: (1) a writing device, (2) quiet time free of disturbances for as long as you require, (3) self-compassion. Do not judge yourself. Take a break from the exercise whenever you feel you need to. This exercise cannot be completed in one “sitting”. It will be most effective if it’s chunked down into “bite-sized” pieces so as not to be overwhelming or draining.

How to complete the exercise:

Step 1: The first two steps in this exercise pertain to the **identification of toxic beliefs**. Consider the common toxic beliefs* noted in the table on the following page. The “Primary Belief” is the overarching belief from which specific beliefs stem, as listed in the “Secondary Belief” column. This is not an exhaustive listing. You may be aware of other toxic beliefs you hold. You’re invited to include them in this exercise.

Step 2: In the table column labelled “?/10” enter the number from 0 to 10 that you feel most accurately reflects the extent to which each of the listed Secondary beliefs resonates with or applies to you, where 0 means not at all (it’s not a toxic belief you hold) and 10 means absolutely (it’s a toxic belief that you strongly/regularly/consistently hold).

Step 3: This step pertains to **elimination of toxic beliefs** and requires ongoing repetition to complete as it involves creating new neural pathways. With reference to the process described on the page following the table, check off (✓) or shade in the cells in the remaining four columns of the table as you complete them. It is recommended that you complete all the activities for one belief prior to beginning with another. You may want to begin with a belief that you’ve scaled relatively low on the resonance scale, as it may be less challenging to work through than a belief you hold more strongly.

**The toxic beliefs included in the table below are based on the article: Psychology of Self, with Darius Cikanavicius at <https://blogs.psychcentral.com/psychology-self/2017/09/5-toxic-self-beliefs/>*

The elimination activities are derived from the article: How to crush toxic self-beliefs and live in harmony with yourself, by Louise Mallam at <https://www.stevenaitchison.co.uk/crush-toxic-self-beliefs-live-harmony/>

TOXIC BELIEFS – IDENTIFICATION AND ELIMINATION

Primary Belief	Secondary Belief	?/10	Envisioned	Tossed it	Repeated	Replaced it
I'm worthless.	I am unlovable.					
	I don't matter.					
	I can't do anything right.					
	There's no point of even trying.					
	I don't deserve anything good.					
	I'm not [] enough. [good, smart, fun, beautiful, worthy, young, etc.]					
Everything's my fault.	I deserve to be treated this way. It's karma.					
	It isn't/wasn't that bad.					
	I was a bad child.					
	I am inherently bad or defective.					
	Someone's always watching me.					
	People generally dislike me.					
I need to take care of everybody.	I am responsible for other people's emotions.					
	If others are unhappy it's my fault.					
	It's my responsibility to save/fix others.					
	I have to make sure that everyone's happy.					
	My needs and wants are unimportant.					
I can't do anything myself.	I'm not very good at anything.					
	Everything's so complicated.					
	I don't understand anything.					
	I am waiting for my "saviour".					
	I just want someone to do it for me.					
	I just want someone who will make me feel safe.					
I have to do everything myself.	Showing emotion is "unmanly" or weak (i.e., dangerous).					
	I can't trust anyone.					
	I don't need anyone.					
	Everyone is just selfish and doesn't care about anybody else.					
	Asking for help is a sign of weakness.					
	I have to carry everything inside. Nobody can understand me.					

ELIMINATION OF TOXIC BELIEFS

Step 3a: Select a toxic belief, which may or may not be listed in the table above, that you want to work on eliminating.

Step 3b: **Envisioned:** Call to mind an image from a memory associated with this toxic belief. If you're unable to retrieve a memory, imagine a scenario in which this toxic belief might come to the surface of your mind. Make sure you're in the image. If you're having difficulty seeing yourself in the image, imagine you're taking a picture on your phone of the imagined scene with you in it. Imagine printing that picture on photo paper.

Step 3c: **Tossed it:** If you're mentally seeing the image in colour, convert it to black and white. And then convert it to shades of grey. If the image you're envisioning is 8 by 10 inches or larger, reduce it to greeting-card size. Now reduce it again to wallet size. Tear the wallet-sized image into many small pieces. Gather up the pieces of paper, wet them and make a ball of them. Throw the ball as far as you can. See the ball disappearing through the earth's atmosphere into outer space. Watch it disappear from sight.

Step 3d: **Repeated:** Repeat Step 3c as many times as it takes to be rid of that toxic belief. This step is to be taken simultaneously with Step 3e. Be patient and persistent. It requires many repetitions to create new neural pathways, i.e. habits.

Step 3e: **Replaced it:** To prevent the toxic belief from finding its way back into your mind, as you repeatedly toss it into outer space, replace it with an affirming belief that fills the vacated space. (Affirming belief examples are provided to the right.) State your affirming belief out loud. Write it down. Make a jingle of it. Even if you don't yet feel the affirming belief is real for you, act as if you do (fake it until you make it).

Affirming Beliefs to Replace Toxic Beliefs

Primary Belief

Secondary Belief

I'm worthy.

I am lovable.
I matter.
I do many things right.
It's worth trying.
I deserve good.
I'm [] enough. [good, smart, fun, beautiful, worthy, young, etc.]

**I'm flawsome,
not faulty.**

I deserve to be treated with respect and kindness.
The situation was/is bad, but not because of me.
I was a flawsome child.
I'm a good human being who makes mistakes like everyone.
The universe is watching out for me.
People generally like me, warts and all.

**I need to care for
myself first.**

I'm not responsible for other people's emotions.
If others are unhappy it's their doing.
It's not my responsibility to save/fix others.
I don't have to make sure that everyone's happy.
My needs and wants are important.

I'm capable.

I'm good at a lot of things.
I can find a way to deal with complicated matters.
I'm able to understand things.
I am my own "saviour".
I can do it for myself.
I can feel safe and comfortable on my own.

**I can interact well
with others.**

Showing emotion is healthy.
I can trust others who are worthy of my trust.
I need other people.
Most people are caring and unselfish.
Asking for help is a sign of courage and self-care.
I can share my beliefs and thoughts with others.
If I share my beliefs and thoughts, people can understand me.