

FINDING OUT WHAT YOU BELIEVE

*COMPLETE THESE SENTENCES AND SEE IF YOU CAN FIND ANY NEGATIVE
THINKING THAT NEEDS WORK.*

BUFFERING IS _____

NOT BUFFERING IS _____

RELAXING IS _____

FUN IS _____

THE REASON I BUFFER MORE THAN I WANT TO IS THAT:

SOME OF THE NEGATIVE THINGS ABOUT BUFFERING LESS ARE:

MY GREATEST WORRY OR FEAR ABOUT BUFFERING LESS IS:

I WOULD BE HAPPIER IF I BUFFERED LESS BECAUSE:

FIVE (5) REASONS I BELIEVE I DO/DON'T DESERVE TO BUFFER LESS ARE:

1.

2.

3.

4.

5.
