



Supportive Advice, LLC

Radical Honesty Exploration



To effectively work through each question, begin by critically examining your beliefs. Ask yourself why you hold these beliefs and what experiences or influences shaped them. Then begin challenging assumptions, seeking evidence, and reflecting on past experiences that may have influenced or cemented these belief systems.

I often feel drained or overwhelmed when I engage with _____, yet I persist in doing so because of what underlying belief?

What belief prevents me from revealing my most "real" or vulnerable self, and what evidence or examples support this belief?

I understand that I would feel more vibrant if I pursued _____, yet I hesitate because I fear that _____ might occur as a result. What internal or external factors contribute to this belief? What evidence do we have that the predicted outcome will occur (provide examples)

What is the internal belief that causes me to ignore or doubt the whispering voice within me conveying this _____ message?

If I truly believed that anything was possible, how would my life appear, and what belief holds me back from that vision?

As a child, I was taught that _____, a notion that never quite resonated with me; however, I accepted it without question because it originated from someone I held in high regard.

What areas of my life do I feel are beyond my control due to a belief that has transferred my power and autonomy to someone or something else? When was this belief born? who or what now holds power and autonomy in this area of my life?

Goals

- ☐ Develop greater self-awareness and understanding of internal and external beliefs
- ☐ Develop a deeper understanding of the origins of current belief systems
- ☐ Identify and challenge limiting beliefs that hinder personal growth
- ☐ Cultivate emotional resilience through honest self-reflection

Purpose

By delving deeper into your beliefs and uncovering their origins, you move closer to letting them go and unlocking your potential to become your ideal self. During this journey, pay attention to the recurring themes and stories that are present within your life, what are they, where or who did that come from, and what empirical evidence do you have to support them within your own life? Putting these beliefs on trial will assist you with living in radical honesty and authenticity.

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