



JANINE DURSO · THE BELIEF COACH

“EQUAL TIME” WORKSHEET

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THE CONCEPT OF “EQUAL TIME”

We can all get caught up in a negative swirl sometimes and it can really hold us back. Your brain will tell you all the ways that everything is terrible. And, it will serve up evidence to support it too so you believe it even more.

Your beliefs are just thoughts you've practiced over and over...of course those negative thoughts became what you truly believe!

Here's a way to hack your brain to see that there's more than one way to look at things.

It's called EQUAL TIME.

It will feel uncomfortable at first but give it a try. The worksheet is on the last page of this PDF.

1. Write all your negative thoughts in the left column
2. Then for each thought, write the opposite in the right column
3. Fold the paper in half and read the new thoughts in the right column several times a day.

You don't have to believe that new opposite thought right now. In fact, you probably won't because it feels so foreign to you. It's OK. Write it anyway.

This is just the start of becoming aware of not only what's going on in your brain on autopilot, but that there is another world of thoughts available to you right now.

We can spend many years of our life in the left column (ask me how I know!) and it's so important to give equal time to the opposite. When you practice Equal Time you begin to chip away at those negative beliefs. You start to create new ones and over time bridge the gap between today's thoughts and the more positive ones.

Why does this work? Because your brain is a scavenger. It will find what you send it to find whether you realize it or not. So send it on the hunt for something good.

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For each negative thought you list on the left, find the positive reframe and write it in the right hand column. **Fold the paper in half** so you only see the right column and read those thoughts daily. You are practicing new thoughts that will become new beliefs.

NEGATIVE THOUGHT/BELIEF

POSITIVE REFRAME

1
2
3
4
5
6
7