

# SELF WORTH RESET

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## INTRODUCTION

Beliefs are learned conclusions the mind and body form from experience. In childhood and across key life moments, your system tracks what leads to safety, love, belonging, and approval. When something feels emotionally intense, such as shame, fear, rejection, praise, or abandonment, the brain tags it as important and stores a rule: “This is how the world works,” or “This is who I have to be to stay safe.” Over time, repeated experiences become identity level expectations, and they begin filtering what you notice, what you avoid, what you tolerate, and what you reach for.

The subconscious mind runs most of these patterns automatically. It is not good or bad, and it is not trying to sabotage you. Its job is efficiency and protection. It stores conditioned associations, such as what danger feels like, what love feels like, and what conflict means, and it drives responses before conscious thought catches up. That is why you can consciously want more confidence, healthier relationships, or more money, yet still find yourself people pleasing, shrinking, overworking, avoiding visibility, or repeating familiar dynamics. The pattern is not a lack of willpower. It is a learned safety strategy.

Belief Coding is the process of identifying the subconscious “codes” (beliefs, meanings, emotional rules, and identity conclusions) that your system is currently operating from, then updating them through consistent evidence, nervous system safety, and new embodied choices. It is not about forcing positivity or repeating affirmations over discomfort. Instead, it starts with truth: what your body and subconscious currently hold as real. When we bring those beliefs into awareness and create enough safety to meet them, the system can release outdated rules, build new associations, and make change feel sustainable rather than threatening.

This workbook is designed to help you do exactly that. You will identify the beliefs you hold through body led testing, locate the root drivers beneath them, and recognise the identity personas that keep those beliefs in place. The goal is not to judge yourself. The goal is to understand what your system is protecting, so you can move from survival patterns into regulation, choice, and aligned expansion.

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# HOW TO TEST YOUR BELIEFS

## BODY LED MUSCLE TESTING

### How to Test Beliefs Using the Body

Body led muscle testing is a way of accessing subconscious information through the nervous system rather than the thinking mind. When a belief is spoken aloud, the body responds automatically before conscious reasoning, social conditioning, or self correction can interfere. This response reflects what the subconscious currently holds as true, not what you think should be true.

Muscle testing is not about forcing an answer or getting a particular result. It is a listening process. The body communicates through subtle shifts in strength, balance, or movement. Your role is to observe these responses with neutrality. There are no right or wrong answers. Every response is useful information.

If at any point you feel anxious, disconnected, or overly focused on getting a result, pause. Take a slow breath, soften your body, and return to a neutral state before continuing.

**\*VERY IMPORTANT\*\*** Please make sure you are hydrated before attempting this as it will not work if you are dehydrated.

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### Before You Begin

- Sit or stand comfortably
- Uncross your legs and arms
- Relax your jaw, shoulders, and hands
- Take three slow breaths, longer on the exhale
- Say quietly or out loud:  
“I am open to receiving clear and honest information from my body.”

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### Method 1: Sway Test

This method uses natural shifts in balance.

1. Stand with your feet hip width apart.
2. Choose a statement you know is true, such as your name. Say it out loud and notice how your body responds.
3. Choose a statement you know is false. Say it out loud and notice the difference.
4. Most people experience a subtle forward movement for yes and a backward movement for no, but your response may differ.
5. Once you recognise your yes and no signals, read each belief aloud exactly as written.
6. Observe your body response and mark yes or no.

Do not exaggerate movement. Small shifts are sufficient.

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## **Method 2: Finger Lock Test**

This method uses changes in muscular strength.

1. Make a circle by touching your thumb and index finger together.
2. With your other hand, gently try to pull the circle apart.
3. Say “yes” out loud and notice the strength of the hold.
4. Say “no” out loud and notice the difference.
5. Read each belief aloud and test again.
6. A stronger hold generally indicates yes. A weaker hold (or release) generally indicates no.

Apply gentle pressure only. Forcing strength will interfere with accuracy.

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## **Using a Pendulum**

A pendulum does not provide answers on its own. It amplifies subtle signals already present in your nervous system.

1. Hold the pendulum lightly at the top of the chain.

2. Rest your elbow against your body or a surface so your arm is supported.
3. Allow the pendulum to come to complete stillness.
4. Ask: "Show me yes" and observe the direction of movement.
5. Ask: "Show me no" and observe the difference.
6. Once calibrated, read each belief aloud and ask:  
"Is this true for me right now?"
7. Observe the movement and mark yes or no.

If the pendulum response feels unclear, pause, breathe, and recalibrate.

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## Important Notes

- Muscle testing reflects what is true for you **right now**. Beliefs can and do change.
  - Strong emotional reactions, tightness, or discomfort often indicate beliefs linked to identity and safety. Make a note of these.
  - If testing feels overwhelming, stop. Regulation comes before insight.
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## BELIEF IDENTIFICATION

In the next exercise we are going to test what beliefs you are currently holding onto. Using the above muscle testing or pendulum, read each belief aloud. Notice how your body (or pendulum) moves, then mark Yes or No.

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### NOT FEELING WORTHY (CORE IDENTITY)

- I am not worthy of love.  
Yes  No
- I do not deserve good things to last.  
Yes  No

- I believe something is fundamentally wrong with me.  
Yes  No
  - I am not enough as I am.  
Yes  No
  - I do not deserve ease, joy, or happiness.  
Yes  No
  - I feel undeserving of being chosen or prioritised.  
Yes  No
  - I believe love is for other people, not me.  
Yes  No
  - I feel guilty wanting more from life or relationships.  
Yes  No
  - I believe I must struggle to justify my existence.  
Yes  No
  - I do not feel worthy of being fully seen or known.  
Yes  No
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## **LACK OF SELF WORTH (VALUE AND DESERVINGNESS)**

- I do not see myself as valuable or important.  
Yes  No
- My needs matter less than other people's.  
Yes  No
- I feel replaceable and easily forgotten.  
Yes  No
- I believe others are more deserving than me.  
Yes  No
- I feel ashamed of who I am at my core.  
Yes  No
- I downplay myself so I do not take up space.  
Yes  No

- I believe I have to overgive to be accepted.  
Yes  No
  - I measure my worth through approval or validation.  
Yes  No
  - I feel like I have to prove my value.  
Yes  No
  - I identify more with being less than than enough.  
Yes  No
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### **LACK OF SELF CONFIDENCE (EXPRESSION, VOICE AND VISIBILITY)**

- I do not trust myself or my decisions.  
Yes  No
- I second guess myself constantly.  
Yes  No
- I am afraid to speak up or be fully expressed.  
Yes  No
- I do not feel confident asserting my needs or boundaries.  
Yes  No
- I worry people will reject the real me.  
Yes  No
- I feel uncomfortable being visible or noticed.  
Yes  No
- I doubt my ability to handle challenges.  
Yes  No
- I avoid situations where I might be judged.  
Yes  No
- I feel like an imposter in my own life.  
Yes  No
- I shrink myself to feel safe.  
Yes  No

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## LACK OF SELF LOVE (CARE, COMPASSION AND SELF RELATIONSHIP)

- I do not treat myself with kindness or patience.  
Yes  No
- I neglect my own needs to keep others comfortable.  
Yes  No
- I believe rest, care, or softness must be earned.  
Yes  No
- I punish myself for mistakes instead of forgiving myself.  
Yes  No
- I do not feel safe prioritising myself.  
Yes  No
- I withhold love from myself when I am struggling.  
Yes  No
- I believe self love is selfish or indulgent.  
Yes  No
- I abandon myself to maintain connection with others.  
Yes  No
- I am harder on myself than anyone else.  
Yes  No
- I do not feel worthy of my own compassion.  
Yes  No

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## RECEIVING LOVE, CARE AND SUPPORT

- I feel uncomfortable receiving love or care.  
Yes  No
- I do not trust myself to receive without giving back immediately.  
Yes  No
- I feel guilty when others are kind to me.  
Yes  No

- I struggle to accept help or support.  
Yes  No
  - I do not believe I am allowed to receive freely.  
Yes  No
  - I feel undeserving of generosity.  
Yes  No
  - I push love away without realising it.  
Yes  No
  - I resist being cared for more than I am used to.  
Yes  No
  - I feel awkward when attention is on me.  
Yes  No
  - I reject support even when I need it.  
Yes  No
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## **SAFETY, ATTACHMENT AND VULNERABILITY**

- It does not feel safe to be fully myself.  
Yes  No
- Love feels conditional and fragile.  
Yes  No
- If I relax, I will be rejected or abandoned.  
Yes  No
- Being loved makes me feel vulnerable.  
Yes  No
- I expect love to be taken away.  
Yes  No
- I associate closeness with pain or loss.  
Yes  No
- I do not trust love to stay.  
Yes  No

- I keep parts of myself hidden to feel safe.  
Yes  No
  - I brace for rejection even when things are good.  
Yes  No
  - I believe connection leads to disappointment.  
Yes  No
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## **GUILT, SHAME AND EMOTIONAL CONDITIONING**

- I feel guilty for wanting more love or ease.  
Yes  No
  - I feel ashamed of my needs or desires.  
Yes  No
  - I worry others will judge me for wanting more.  
Yes  No
  - I feel selfish for prioritising myself.  
Yes  No
  - I believe wanting more makes me ungrateful.  
Yes  No
  - I feel bad when things go well for me.  
Yes  No
  - I believe I should settle rather than ask for more.  
Yes  No
  - I carry shame about who I am or who I have been.  
Yes  No
  - I downplay my desires to stay accepted.  
Yes  No
  - I feel responsible for other people's comfort.  
Yes  No
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## **SELF SABOTAGE AND UPPER LIMITS**

- I sabotage things when they start to feel good.  
Yes  No
  - I get close to feeling secure, then pull away.  
Yes  No
  - I am afraid things will not last.  
Yes  No
  - I do not let myself fully relax into happiness.  
Yes  No
  - I find ways to create emotional distance.  
Yes  No
  - I avoid growth because it feels unsafe.  
Yes  No
  - I feel uncomfortable when life feels calm.  
Yes  No
  - I do not trust myself to sustain wellbeing.  
Yes  No
  - I expect something to go wrong.  
Yes  No
  - I create unnecessary struggle out of habit.  
Yes  No
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## **CORE WORTHINESS AND MONEY**

- I am not worthy of earning a lot of money.  
Yes  No
- I do not feel worthy of financial freedom or ease.  
Yes  No
- I believe abundance is for other people, not me.  
Yes  No
- I do not deserve to be paid well for who I am.  
Yes  No

- I feel undeserving of money coming easily to me.  
Yes  No
  - I believe I must struggle to justify receiving more.  
Yes  No
  - I feel guilty wanting more money than I currently have.  
Yes  No
  - I do not feel worthy of having more than others.  
Yes  No
  - I believe I have not done enough to deserve more.  
Yes  No
- 

## **SELF WORTH, VALUE AND MONEY**

- My work is not valuable enough to be paid highly.  
Yes  No
- I am not special or skilled enough to earn large sums of money.  
Yes  No
- I feel ashamed charging for my gifts or knowledge.  
Yes  No
- I downplay my value so I do not appear greedy or arrogant.  
Yes  No
- I feel selfish keeping money for myself.  
Yes  No
- I believe others deserve money more than I do.  
Yes  No
- I equate my worth with how much I give, not how much I receive.  
Yes  No
- I feel undeserving of financial generosity or support.  
Yes  No
- I identify more with struggle than success.  
Yes  No

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## SELF CONFIDENCE AND MONEY EXPRESSION

- I am not confident asking for what I want financially.  
Yes  No
- I hesitate to raise my prices even when I know I should.  
Yes  No
- I am afraid people will not see the value in what I offer.  
Yes  No
- I undercharge to avoid rejection or judgement.  
Yes  No
- I do not trust myself to handle larger amounts of money.  
Yes  No
- I avoid opportunities that could bring in more income.  
Yes  No
- I doubt my ability to sustain financial success.  
Yes  No
- I feel like an imposter when I earn more.  
Yes  No
- I shrink myself financially to stay safe.  
Yes  No

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## SELF LOVE, RECEIVING AND MONEY

- I do not feel safe spending money on myself.  
Yes  No
- I prioritise others' needs over my own financial wellbeing.  
Yes  No
- I believe rest, pleasure or ease must be earned first.  
Yes  No
- I feel guilty investing in myself.  
Yes  No

- I associate self care with irresponsibility.  
Yes  No
  - I do not allow myself to receive support or ease.  
Yes  No
  - I believe wanting more is ungrateful.  
Yes  No
  - I punish myself financially for past mistakes.  
Yes  No
  - I subconsciously believe I must go without to be a good person.  
Yes  No
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## **SAFETY, VISIBILITY AND MONEY**

*(Underlying Layer)*

- It does not feel safe to have more money than I am used to.  
Yes  No
  - Being visible or successful feels unsafe.  
Yes  No
  - I fear being judged if I earn more.  
Yes  No
  - I expect money to be taken away.  
Yes  No
  - I associate abundance with vulnerability.  
Yes  No
  - I keep myself financially small to feel secure.  
Yes  No
- 

## **CORE ROOT BELIEFS**

*These beliefs sit underneath all surface level patterns. They are not flaws. They are survival conclusions. This section is to give you a better idea as to where your current beliefs fits and what the core root belief is that is causing this block.*

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## **1. I am not inherently worthy**

### **Explanation**

This belief forms when love, safety, or attention felt conditional. The system learns that worth must be earned and that existing is not enough. Over time, this belief shapes identity, self perception, and tolerance levels.

### **How this shows up in daily life**

- Settling for less in relationships
  - Accepting crumbs rather than asking for more
  - Feeling surprised when someone chooses you
  - Avoiding asking for needs to be met
  - Chronic self doubt
  - Downplaying achievements
  - Feeling fundamentally different from others
- 

## **2. I am not enough as I am**

### **Explanation**

This belief keeps the nervous system in constant self improvement mode. There is always a sense of needing to become someone else in order to be loved, chosen, or safe.

### **How this shows up in daily life**

- Perfectionism
- Comparison with others
- Difficulty receiving compliments
- Feeling exposed by success

- Avoiding visibility until you feel ready
  - Moving the goalpost after achievements
  - Never feeling completed or satisfied
- 

### **3. Love must be earned**

#### **Explanation**

This belief links love to performance. It often develops in environments where approval followed compliance, achievement, or emotional caretaking.

#### **How this shows up in daily life**

- People pleasing
  - Overworking to feel valuable
  - Fear of disappointing others
  - Staying in one sided relationships
  - Over explaining boundaries
  - Burnout followed by resentment
  - Choosing partners who require proving
- 

### **4. It is unsafe to be fully myself**

#### **Explanation**

This belief forms when authenticity was punished, ignored, or rejected. The system learns to mask in order to stay safe.

#### **How this shows up in daily life**

- Self silencing
- Avoiding conflict
- Hiding opinions

- Feeling tense when seen
  - Saying what others want to hear
  - Difficulty expressing needs
  - Keeping parts of yourself hidden
- 

## **5. My value comes from giving, not receiving**

### **Explanation**

This belief makes receiving feel uncomfortable or wrong. Safety is found in being useful, helpful, or needed.

### **How this shows up in daily life**

- Overgiving time and energy
  - Difficulty accepting support
  - Undercharging
  - Feeling guilty spending on yourself
  - Being the strong one
  - Attracting emotionally unavailable people
  - Feeling safer giving than receiving
- 

## **6. If I receive more, I will lose connection**

### **Explanation**

This belief ties expansion to abandonment. Growth feels like a threat to belonging.

### **How this shows up in daily life**

- Shrinking after progress
- Hiding success
- Avoiding outgrowing family or friends

- Self sabotage after breakthroughs
  - Not raising prices
  - Feeling lonely when things improve
  - Staying loyal to struggle
- 

## **7. Being visible leads to rejection**

### **Explanation**

Visibility feels dangerous. Being seen is associated with judgement, shame, or loss.

### **How this shows up in daily life**

- Avoiding being the face of your work
  - Procrastinating posting or sharing
  - Staying behind the scenes
  - Fear of being judged
  - Over preparing then not acting
  - Minimising achievements
  - Avoiding leadership
- 

## **8. Wanting more makes me selfish**

### **Explanation**

Desire becomes linked to guilt. The system learns that wanting threatens acceptance.

### **How this shows up in daily life**

- Apologising for needs
- Settling to keep peace
- Avoiding pleasure or ease

- Feeling guilty for ambition
  - Resenting others who go for more
  - Over explaining boundaries
  - Minimising desires
- 

## **9. Ease and rest must be earned**

### **Explanation**

The nervous system stays in activation. Rest feels unsafe because worth equals productivity.

### **How this shows up in daily life**

- Guilt when resting
  - Needing to stay busy
  - Overworking or overtraining
  - Anxiety during quiet time
  - Burnout cycles
  - Difficulty enjoying calm
  - Belief that money or love must be hard won
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## **10. Good things do not last**

### **Explanation**

The system braces for loss. Stability feels suspicious.

### **How this shows up in daily life**

- Anxiety when things are good
- Pulling away from intimacy
- Expecting the worst

- Creating problems before success
  - Difficulty trusting happiness
  - Avoiding commitment
  - Staying prepared for disappointment
- 

## **11. I must stay small to be safe**

### **Explanation**

Expansion is associated with risk. Staying small feels protective.

### **How this shows up in daily life**

- Capping income
  - Avoiding promotions
  - Underpricing
  - Not fully expressing yourself
  - Choosing familiar struggle
  - Avoiding leadership
  - Fear of being a target
- 

## **12. I am responsible for other people's comfort**

### **Explanation**

This belief forms when emotional safety depended on managing others.

### **How this shows up in daily life**

- Walking on eggshells
- Over explaining boundaries
- Saying yes when you mean no

- Carrying emotional labour
  - Feeling guilty for disappointing
  - Avoiding honesty to keep peace
  - Suppressing your own needs
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## **IDENTITY PERSONAS**

*These are survival identities. Not personality traits.*

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### **The Unworthy One**

#### **Description**

This identity learned that love and belonging were conditional and internalised the conclusion that it is not enough.

#### **Daily life examples**

- Settling for crumbs
  - Avoiding asking for needs
  - Downplaying wins
  - Expecting rejection
  - Over tolerating inconsistency
  - Feeling shame for wanting more
  - Staying in misaligned situations
  - Harsh inner critic
- 

### **The Prover**

#### **Description**

This identity believes safety and love must be earned through effort and performance.

### **Daily life examples**

- Overworking
  - Difficulty resting
  - Saying yes automatically
  - Over delivering
  - Tying worth to productivity
  - Moving the goalpost
  - Burnout cycles
  - Feeling responsible for everyone
- 

### **The Over Giver**

#### **Description**

This identity learned that giving is safer than receiving.

#### **Daily life examples**

- Giving beyond capacity
  - Undercharging
  - Difficulty asking for help
  - Attracting one sided dynamics
  - Guilt spending on self
  - Over explaining boundaries
  - Feeling valued for usefulness
  - Quiet resentment
- 

### **The Invisible One**

**Description**

This identity associates visibility with danger.

**Daily life examples**

- Avoiding being seen
  - Holding back opinions
  - Hiding achievements
  - Staying behind the scenes
  - Fear of judgement
  - Perfectionism paralysis
  - Underpricing to avoid attention
  - Discomfort with praise
- 

**The Safety Shrinker****Description**

This identity equates expansion with risk and keeps life small.

**Daily life examples**

- Pulling back after success
- Self sabotage after progress
- Capping income
- Avoiding outgrowing others
- Creating problems before breakthroughs
- Feeling uneasy with ease
- Avoiding money admin
- Staying loyal to struggle

If this workbook has helped you recognise the beliefs and patterns shaping your self worth, the next step is integration. You are invited to join my free masterclass where I teach the three core shifts required to release subconscious negative beliefs and blocks safely and sustainably. This session will help you understand what actually creates change at identity level and why mindset alone is often not enough. Sign up to my free Masterclass [here](#).

**Ready to stop repeating the same patterns and create identity level change? Click [here](#) and apply to work with me 1:1.**