



Subconscious Reprogramming Workbook

*Click [here](#) if you want to fill in the document on Google Docs.

Introduction

Welcome to the **Subconscious Reprogramming Workbook!** This guide is designed to help you uncover and reprogram one negative core belief that holds you back. By finding emotional proof of the opposite, you'll rewrite this belief and build emotional regulation skills, creating a life aligned with your goals and values.

Take your time as you work through these exercises. True transformation happens with patience and consistent practice.

Step 1: Identify Your Negative Core Belief

Negative emotions don't just appear out of nowhere. They're often tied to deep-rooted beliefs that shape how we see ourselves, others, and the world. Instead of pushing these emotions aside, explore them with curiosity.

When a strong negative emotion arises, take a moment to observe your thoughts. Then ask yourself:

💡 *"What do I make this mean about myself, others, or the situation?"*

Strong negative emotions and the thoughts that accompany them are signals pointing you to a core belief beneath the surface. Recognizing this belief is the first step toward shifting your perspective and reprogramming your subconscious.



Your Negative Core Belief:

Your New Belief:

Remember to focus on one belief at a time for the best results. Taking small, manageable steps will lead to lasting change.

Step 2: Find 5-10 Pieces of Proof

Find specific moments in your life that support your new belief. These are your pieces of emotional proof. Fully immerse yourself in the emotions you felt during these experiences and write them down.

Here is an example:

New Belief	Supporting Proof	Emotion Felt
Example: I am good enough	I was good enough when I got a promotion at work because of my unique skills.	Pride, appreciated
I am good enough	I was good enough when my child reached to me for comfort after getting hurt.	Grateful, connected
I am good enough	I was good enough when I completed a personal goal that was meaningful to me.	Accomplished, pride

Fill in your answers below:

New Belief	Supporting Proof	Emotion Felt





Step 3: Emotional Engagement Exercise

Use the exercise below to fully engage with the emotions tied to these experiences.

1. Visualization:

- Close your eyes and recall one moment of proof.
- Picture it in as much detail as possible—who was there, what you felt, and what the environment looked like.
- Allow yourself to feel the emotion deeply (pride, joy, love, etc.).

2. Journaling Prompt:

Write about how this moment made you feel, incorporating as much detail as possible to recreate the experience. Focus on the environment, people involved, and how their actions or words impacted you emotionally. Describe



the emotions you felt in that moment and why this experience supports your new belief.

- **Example:** “When my manager promoted me, it showed that I am good enough, capable, and valued. I remember standing in their office, hearing them praise my hard work and dedication. The sunlight was streaming through the window, and I felt an overwhelming sense of pride and accomplishment. This moment contradicts my previous belief because it directly proves my value and capability.”

Your Journal Reflection:

Step 4: Repeat and Reinforce

Consistency is key! Use this workbook daily or as often as your limiting belief arises. Over time, your subconscious will replace old patterns with empowering, new beliefs. Neuroscience shows that with consistent practice, new pathways in the brain can start forming in as little as 21 days, allowing old patterns to shift and new beliefs to take root. By committing to this process daily, you'll strengthen those new pathways, making your new belief your default thought over time.



Reflection Question:

- How do you feel now compared to when you first started this process?

Next Steps

If you're finding it hard to identify certain beliefs, feel stuck, or struggle with consistency, this is completely normal. Many people discover that working through these patterns alone can feel overwhelming. That's where coaching helps. We'll work together to uncover what's holding you back and create lasting change.

In our sessions, I'll guide you through reprogramming at a deeper level with personalized strategies and real-time support. Here's how coaching can help you:

- Uncover and reprogram your negative core beliefs at their root.
- Develop emotional regulation tools to stay calm and grounded in challenging situations.
- Understand and meet your emotional needs by identifying what they are and communicating them clearly to yourself and others.
- Strengthen communication skills by learning tools to express yourself effectively and resolve conflicts constructively.
- Set and uphold boundaries that align with your values, like learning how to say no without guilt or prioritizing your well-being during challenging situations.



- Build healthier behavioral coping mechanisms to handle stress and triggers more effectively.

This workbook is just the beginning. If you're ready to deepen your transformation:

- Work with me in 1:1 integrated attachment theory coaching to uncover negative core beliefs, explore the 7 areas of life where limiting beliefs often show up, and amplify your progress with 10-15 pieces of daily proof.

My waitlist is now full until approximately mid-May. If you'd like to be notified when a spot opens, please join my waitlist below. Don't miss this opportunity to take your transformation to the next level!

 [Click here to join my waitlist](#)

(Spots are limited, and signing up now secures your chance to work with me.)

Affirm Your Progress

Remember: every step you take toward reprogramming your subconscious is a step toward building emotional resilience and creating the life you deserve. You're doing the work, and that's something to be proud of!

I'd love to hear how this workbook has helped you! If you'd like to share your experience or insights, please email me at brittney.edwards@alignedattachments.com. Your feedback means the world to me and helps me support others on their journey.