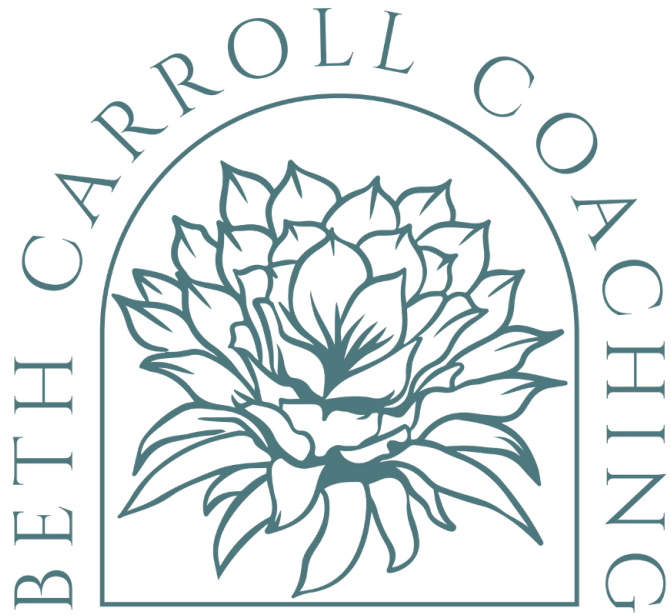




BELIEF BREAKTHROUGH AUDIT

What's Blocking You From Moving
Forward After Divorce?

FROM BLINDSIDED TO BRILLIANT: RECLAIMING YOUR CONFIDENCE AFTER DIVORCE

Hello, I'm Beth Carroll, A Divorce Recovery Coach for women in midlife who have been blindsided by an unexpected divorce and are ready to move beyond their feelings of powerlessness and abandonment.

The shock of an unexpected divorce after decades of marriage feels like the rug has been pulled out from under you. You might be experiencing a whirlwind of emotions, questioning everything you thought you knew about yourself, love, and the future. It's a time of immense change and uncertainty, but it's also an opportunity for profound growth and rediscovery.

This isn't just about healing from the past; it's about stepping brilliantly and confidently into your next chapter. And the key to unlocking that next chapter lies in understanding the programmed beliefs that are shaping your experience.

This Belief Audit is designed to help you identify those hidden programs, the subconscious beliefs that are holding you back from creating the life you truly desire. It's a powerful first step toward:

- Relief from obsessive thoughts and anxieties
- A renewed sense of self-worth and confidence
- The ability to set and maintain clear boundaries
- A feeling of empowerment to move forward with trust in yourself
- A future-focused mindset, filled with possibility and excitement

What is a Belief Audit?

Think of your subconscious mind as a computer, running programs that dictate your thoughts, feelings, and behaviors. Some of these programs are helpful, while others – the programmed beliefs – can sabotage your efforts to heal and move forward. This audit is like a diagnostic tool, helping you identify the programs that need an upgrade.

Be honest, be compassionate with yourself, and allow space for insights to arise as you complete the exercise and trust that transformation is happening.

With warmth and belief in you,

~Beth



Uncovering Your Subconscious Beliefs About Love, Worth, and the Future

Your subconscious mind is a vast library, filled with beliefs you've accumulated throughout your life, from your childhood experiences to your past relationships. These beliefs act as a hidden script, influencing how you perceive the world and how you respond to challenges.

When it comes to divorce recovery after your spouse leaves suddenly, programmed beliefs can be particularly powerful, keeping you stuck in patterns of self-doubt, fear, and resentment. They can prevent you from fully healing, trusting again, and creating a fulfilling future.

Here are some common programmed beliefs that women often hold after an unexpected divorce:

- **"I'm not lovable anymore."** This belief can stem from feeling rejected or abandoned by your former spouse or in your past.
- **"I'll never trust anyone again."** Betrayal can create a deep-seated fear of vulnerability and intimacy.
- **"I'm too old to start over."** This belief can be fueled by societal pressures and a fear of the unknown.
- **"I'm damaged goods."** Feeling like you're somehow flawed or broken can make it difficult to embrace your worth.
- **"I'm not capable of being alone."** This belief can lead to clinging to unhealthy relationships or avoiding independence.

This work isn't about “fixing” you because you are not broken. It's about uncovering the subconscious stories that are running your life right now, so we can begin to rewrite them from a place of truth and self-worth.

You deserve to feel whole again. You deserve to step into your next chapter with clarity and confidence. This is where that journey begins.

Getting Started

Creating Safety in Your Body - 4-7-8 Breathing Practice:

Your nervous system has been through a lot. Before we explore what's happening in your subconscious mind, let's create some calm in your body.

- Find a comfortable sitting position. Place one hand on your chest and one on your belly.
- Inhale through your nose for 4 counts, letting your belly rise as it fills with air.
- Hold your breath for 7 counts.
- Exhale through your mouth for 8 counts, making a gentle "whoosh" sound or a sigh.
- Repeat this cycle 3-4 times.
- Take a moment to notice how you feel now compared to when you started. This calm, grounded feeling is your natural state and it's always available to you.



Part 1: Your Current Reality

Answer honestly. There are no right or wrong responses - only your truth

When you wake up in the morning, what's the first thought that usually comes to mind?

Complete this sentence: "Since my divorce, I am..."

What do you find yourself doing when you are alone with your thoughts?
(Examples: scrolling social media, cleaning, bingeing tv, calling friends, etc.)

If your best friend was going through exactly what you are going through, what would you tell her about herself? Now, what do you tell yourself?

Friend:

Yourself:

What time of day feels hardest for you and why?

Part 2: Uncovering Your Subconscious Beliefs

*Answer honestly. There are no right or wrong responses - only your truth
These questions are designed to bring awareness to stories
you might not even realize you're telling yourself.*

When you think about your marriage ending, what sentence completes this thought: "If only I had...."

What did you believe about yourself as a wife that you are now questioning?

Fill in the blank: "I should have known that..."

When someone asks you how you're doing, what do you say out loud vs. what you think to yourself?

Out loud:

To yourself:

Part 2: Uncovering Your Subconscious Beliefs

(cont)

What are you most afraid people think about you now?

Complete this sentence: “If I were really lovable/worthy/enough then...”

What story do you tell yourself about why your marriage ended? Start with “it ended because I...”

When you imagine your future, what belief stops you from getting excited about it?

Part 3: The Voice of Your Inner Critic

We all have an inner critic. Let's give yours a voice so we can understand what it's been telling you.

What does your inner critic say when you consider putting yourself first?

What does your inner critic tell you when you look in the mirror?

If your inner critic had a name and personality what would they be like?
(Examples: a harsh teacher, a worried mother, a perfectionist boss)

What would your inner critic say if you told them you were considering working with a coach to reclaim your life?

Part 4: Beneath the Surface

These questions help understand the deeper beliefs that might be driving your current experience.

Growing up, what did you learn about what makes a woman valuable or worthy?

What did you witness about marriage/relationships in your family of origin?

Before your divorce what did you believe about yourself that felt absolutely true?

What do you believe about yourself now that feels absolutely true?

Complete this sentence: "I'm afraid that if I really let people see me now, they would..."

What would you need to believe about you for you to feel completely at peace with where you are right now?

Part 5: Your Relationship with Trust

What do you believe about your ability to trust your own judgment?

How true is this statement: “I can trust myself to make good decisions”?

Circle One:

Completely Mostly Sometimes Rarely Not at all

What would have to change for you to feel safe trusting someone again?

What would have to change for your to feel safe trusting yourself again?

Part 6: Moving Forward

If you woke up tomorrow feeling completely confident in who you are, what would be different about your day?

What's one thing you used to love about yourself that you'd like to reclaim?

If fear wasn't a factor, what would you want your life to look like in 2 years?

What support do you wish you had right now?

On a scale of 1 - 10, how ready are you to start rewriting the story you tell yourself about who you are? What would it take to move that number higher?

What's Next:

**Thank you for your courage in completing this audit.
The simple act of bringing awareness to these beliefs is the first step
toward transformation.**

Within 72 hours of submitting your responses, you'll receive a personalized Loom video from me with:

- The key belief patterns I found in your responses.
- Additional questions to unlock deeper insights.
- An understanding of what it means to do the deeper work of belief rewiring and neural pathway transformation.

This audit gives us a glimpse beneath the surface. If you're ready to go deeper, to not just identify these beliefs, but actually rewire them at the subconscious level for lasting healing - that's exactly what I do in my 1:1 coaching program.

You didn't choose this chapter, but you absolutely get to decide how it ends.

And I believe it can end with you feeling stronger, clearer, and and more whole than you ever imagined possible.

Your investment in this Belief Audit can be applied toward my 10-session 1:1 coaching program, where we do the deeper work of releasing these learned beliefs to rebuild your identity and lead you to stepping boldly and brilliantly into your Next Chapter.

**To submit your completed audit:
Email your responses to beth@bethcarrollcoaching.com
with the subject line "Belief Audit - [Your Name]"**