

The Life Pattern Breaker System

Session 2 Homework Sheet – Root Belief Collapse

Purpose

This sheet is your guide for completing the collapse of your Root Belief at home.

Your goal is to reduce your belief’s intensity to **zero** — or as close as possible — before Session 3.

Every belief you collapse weakens the structure that has kept your repeating pattern in place.

How to Use This Sheet

1. Start with **Step 1** and move down the page in order.
 2. Use the blank space under each step to write your answers and numbers.
 3. Keep repeating Steps 5–7 until your belief reaches zero (or close).
 4. If a new belief shows up, write it down and repeat the process.
 5. Take breaks if needed — you don’t have to finish in one sitting.
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Step 1: Recall Your Pattern

Bring your repeating life pattern to mind.

Think of a few times it has shown up in your life.

Let the memories and emotions surface without forcing them.

Step 2 – Locate the Earliest Memory

Ask yourself:

- *“When was the first time I remember feeling this same way or living this same situation?”*

- Let your subconscious choose the scene.
It may be a clear image or just a vague sense of being very young.
 - Briefly note what was happening, who was there, and how you felt.
(*You can write a few words only — no need for a full story.*)
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Step 3: Identify a Belief

With that earliest memory in mind, ask:

- *“What would I have to believe about myself, my world, and my life for this pattern to have been true for me my entire life?”*
- Write down the first belief(s) that appear.
- Circle or highlight the one that feels heaviest — your **Master Belief**.

Write down the belief that comes up.

If no belief feels like the Root Belief yet, don't worry.

Every belief you collapse weakens the structure. Keep peeling.

Eventually, the Root Belief will surface — and you'll know.

It usually feels heavy, tied to one or two early memories, or as though it has always been there (sometimes even inherited from family).

Step 4 – Feel It in the Body

- Notice where you feel that belief in your body.
 - Mark or describe the sensation (tightness, heaviness, pressure, etc.).
 - Compare with your Core Driver map (Control / Approval / Safety).
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Step 5: Rate the Belief

On a scale of **1 to 10**, how true does the belief feel right now?

- **10** = absolutely true
- **0** = not true at all

Write your number here → _____

Step 6: Release

Bring the belief gently into awareness.

Notice any resistance that appears when you think of the belief. Resistance can be any uncomfortable or unwanted feelings that arise.

Identify where that resistance appears in your body.

Now move through the three Core Drivers:

- Control
Bring your attention to the area of your body that stores the core driver Control.
Notice whether any sensations or resistance appear there.
Allow the sensations to surface, grow in intensity if they wish, and then finally release naturally.
- Approval
Now shift your attention to the area of your body that stores the core driver Approval.
Notice any sensations there and allow them to surface, fully express and release also.
- Safety
Finally, bring your attention to the area of your body that stores the core driver Safety.
Allow any remaining sensations to surface, fully express and release.

Take a slow breath.

If the belief still feels charged, repeat the process again.

If a deeper belief appears that feels heavier or more true, switch to that belief, give it a number, and continue the process.

Step 7: Re-Rate the Belief

Look again at the belief you were working with.

Without analysing it, simply notice how true it feels now.

On the same 1–10 scale, give it a new number.

- **10** = absolutely true
- **0** = not true at all

Write the new number beside the original one.

If the number has dropped, even slightly, that means the collapse process has already begun.

If the number hasn't changed yet, repeat the collapse process again by moving through the Core Drivers.

As best you can try to bring the number down as close to zero as possible. Anything below 3 is fine.

Step 8: Reflection

- Note any shifts, memories, or insights that appeared.
 - If a deeper belief surfaced, record it here — this may be your true Root Belief.
 - Bring these notes to Session 3.
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Reminder

- You don't need to finish in one sitting.
- Take breaks if you need to.
- Just keep going until you reach **zero** or as close as you can.

- Even if it takes a few sittings, you *will* get there.
- You cannot fail with this sheet.

Play with it like an experiment, stay curious, and trust what comes up.

By Session 3, your Root Belief will either be gone or weakened so much that the final collapse will be quick and easy.