

*A Harmonious Life*  
**AHLL**  
AUTHENTICITY COACHING  
BUSINESS CONSULTING

# Authenticity Worksheet



## Triggers - Personal

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I feel strong negative emotions when I...

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# Triggers - People

I feel strong negative emotions when others...

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# Triggers - Situations



I feel strong negative emotions when a situation...

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## Core **NEGATIVE** Beliefs About Myself



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## Core POSITIVE Beliefs About Myself



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## Core **NEGATIVE** Beliefs About Others



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# Core **POSITIVE** Beliefs About Others



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## Core Values - Personal



The things that are most important to me personally...

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## Core Values - Relationships



The things that are most important to me in relationships...

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# Expectations - Personal



I expect that I...

Twelve horizontal lines for writing.



## Needs - Life



What I need to feel safe in my life is...

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# Needs - Relationships



What I need to feel safe in my relationships...

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## Wants - Life



What I want to help me feel connected and fulfilled in my life is...

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# Wants - Relationships



What I want to help me feel connected and fulfilled in my relationships is...

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