

Please Unsubscribe, Thanks!

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My Sticky Stories Worksheet

This worksheet will help you work through the different layers of beliefs you've subscribed to — drawn from the conversation started in Chapter 12 of *Please Unsubscribe, Thanks!*

STEP 1. Identify your beliefs in these key life areas.

Spend some time alone, walking in nature, or just chilling in a coffee shop. Think about how you feel about each of these key areas. More specifically, what do you think about the world and about yourself? What comes to mind immediately? Don't censor yourself. No one will be reading this. As a reference point, I have included the old beliefs that I used in the book.

1. **Health.** (I am young, healthy, and invincible. Other people get sick, not me.)

2. **Finances.** (My only worth is financial. If I don't make millions and billions of dollars, my life is not worth anything.)

3. **Intellectual.** (Whatever I got from my schooling is what I get to build a life on. My degree is everything. I have to use it. Taking a class as an adult means you are unclear about your career path.)

4. **Spiritual.** (God is this angry man in Heaven who watches me constantly so he can punish me if I step out of line.)

5. **Play.** (Play is for kids. Work is for adults.)

6. **Career.** (Professional success only comes if you prove you can do what everybody else does.)

7. **Space.** (I need a dishwasher, preferably inside a center-hall colonial on a cul-de-sac, with two brand new cars outside—otherwise I have failed.)

8. **Romance.** (I am not worthy of love until every part of my life and body is perfect. Partners get in the way of success. They drag you down. It is one or the other. Marriage is a toxic battleground that will wound you forever.)

9. **Family.** (Family is a source of stress and anxiety. I'm fine single.)

10. **Extended family.** (Family provides conditional love. I have to follow the rules to be loved. Boundaries are not for family; they are for outsiders. Boundaries mean I don't love my family.)

11. **Friends.** (People only like me because I am funny, entertaining, and please them. Friendships are a proving ground for how special I am. Friendship is a quest for validation and approval from the whole world.)

12. **Community.** (Online communities are the only, real, and right way to work with people for a better world. This is the future!)

13. **Supercommunity.** (The world is a mess, filled with complete assholes. The point of having access to all of them is to scream at them.)

STEP 2. Interrogate these beliefs. Dig deeper.

- *Look at each belief you wrote down. Can you identify **where** you got that from? **When** you started believing that?*
- *What **kind** of belief is it? Is it an inherited belief, experiential, educated, cultural or narrated?*
- *What **impact** has this belief had on your life as a whole? How does it influence your day-to-day behavior? Your social subscriptions? Your surface subscriptions?*
- *Do you want to **keep** it or **unsubscribe**?*

STEP 3. Write your unsubscribe statement.

Use this sentence as a template. "I no longer believe that [insert old belief]. I choose to believe [new, healthier belief]." In many ways your new belief will be the opposite or inverse of your old one. Or you write it from scratch.

Example: "I no longer believe that people only like me because I am funny, entertaining, and please them. Or that friendships are a proving ground for how special I am. Or that friendship is a quest for validation and approval from the whole world. I choose to believe that friendship supports, uplifts, and challenges me. It extends my joy. My real friends love me just the way I am. They require no performance."

1. **Health**

2. **Finances**

3. **Intellectual**

4. **Spiritual**

5. **Play**

6. **Career**

7. **Space**

8. **Romance**

9. **Family**

10. **Extended family**

11. Friends

12. Community

13. Supercommunity

STEP 3: Subscribe to your new beliefs

You can sign this document, if you like, to reinforce to yourself that you believe new narratives now about who you are and what the world is. If you subscribe to these new beliefs, “sign under”:

Date: _____

This is not a contract with me. It’s a contract or commitment to yourself to live into these new beliefs. Here are some other ways you can make that a reality in your life:

- Say your unsubscribe statement aloud on a regular basis (you set the cadence).
- Share it with someone you trust to reinforce the shift.
- Make a commitment in the world that allows you to live it. For example, book a class, set a lunch date with a friend, schedule time to just chill and play. Only you can decide what is best for how to make this real in your life.

You are taking bold steps to unsubscribe and re-subscribe to the life you want. This will all likely be uncomfortable, because your old behaviors were run by your old beliefs. Be patient with yourself. Show yourself some grace. Deep breath.

