

Limiting Beliefs

Limiting beliefs are a collection of opinions of ourselves and others that constrain us in some way. The stronger the belief, the more evidence we seem to find to support them, despite the fact that the vast majority of limiting beliefs are simply untrue. Such beliefs are formed unconsciously based on our life experiences, and are most often misinterpretations of past events. We cement these beliefs in our minds through repeated thoughts once we have decided that the opinions must be true. The challenge is that holding on to limiting beliefs prevent us from taking action. Working through your limiting beliefs can have a profoundly positive impact on your self-worth, confidence and personal empowerment. The following exercise is based on the work of Byron Katie. Simply identify a belief that is holding you back, and then work through the questions to discover the truth or falsity of your fearful thoughts. Use the process to tap into the limiting belief, and ultimately let it go. I recommend working through this worksheet slowly, taking pauses as needed. You might like to close your eyes to go deeper. Just relax and observe what comes up.

What is the belief you wish to work on? (For example, I am not good enough, my partner doesn't care about me, my family doesn't approve)

Is it true? Is it really true? Can you absolutely know for sure it is true, or do you just believe it to be true based on past experiences?



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What is the payoff? What are the benefits of you holding on to this belief? How does it serve you?

What is the cost? How does it alter who you are? How does it affect your behaviours? How does it impact on your attitudes?

What images come to mind when you believe this thought?



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How do you react when you think about this limiting belief, fear, thought?

How do you feel?

What emotions arise?

What behaviours or addictions does it invoke?

How do you treat yourself and others when you think it?

What other fears does it spark?



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Does this thought bring peace or stress into your life?

Can you see a stress-free reason to hold onto the belief?

Can you see a reason to drop this belief?



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Who would you be without that thought?

Now turn the belief around, in terms of a positive message. If your belief was: I can never make enough money; then the new thought becomes: I can always make enough money.

Is your new thought is as true, or more true than the original belief?



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If you lived this new thought, what would you do differently?

Now that you have completed the worksheet you can begin to become unstuck from old habits that have been holding you back in an area of your life.

Remember that you can use this worksheet over and over again, for as many different limiting beliefs as you like. All you have to do is download a fresh copy. I am always here to help, so if you have any questions or wish to work through your limiting beliefs 1:1 please do not hesitate to contact me at hello@megjames.com.au.

