

Common Limiting Beliefs

- I am worthless
- I am unlucky
- I don't get along with others
- People don't like me
- I have no confidence
- People wouldn't like me if they really knew who I was
- I must do everything perfectly (as opposed to "I want to pursue excellence")
- I'm no good at
- I'm helpless to change things
- There's no point in trying
- It will never work
- I'm stuck in my story
- I cannot change – it's in my blood/family
- I have layers of deep-rooted beliefs that hold me back
- I don't like myself
- Most people don't do things the way they should or right
- I deserve to be punished for my past
- I deserve what I get
- Why does this always happen to me
- Good things won't last
- Bad things that happen to me never end
- I believe what other people tell me
- I am irredeemably flawed
- I am unlovable
- I am bad
- I am stupid
- I am worthless
- I am a loser
- I don't deserve good things
- I am a failure
- I am weak
- I am not enough
- I don't matter
- I am boring
- I am crazy and unstable
- I can't be fixed
- I always hurt people
- I always hurt myself
- I have no hope
- I am evil/sinful
- I am unwanted
- I am invisible
- I am a mistake
- I am helpless
- I am ugly
- I am shameful
- I am uninteresting
- I will die alone

Communication

- I am not a good listener
- I am not a good communicator
- Others think I don't listen well
- Others think I am not a good communicator
- I'm hopeless in social situations
- When I talk people get bored
- I always get it wrong
- People don't understand me
- I am a bully
- I am a pushover
- I can't speak in public, I'm a terrible public speaker
- I'm afraid to stand in front of a room and speak

Relationships

- I am responsible for how other people feel
- I always attract the wrong people
- My husband/wife should make me happy
- No one would be attracted to me if they really knew me
- I must be happy all of the time
- No one can make me happy, I'm so hard to get along with
- I don't have good boundaries
- I'm not emotionally healthy enough to be in a solid relationship

Money

- Rich People are all mean, selfish, arrogant, unspiritual crooks who have made their money by cheating others
- This is a man's world
- Everyone is out to rip you off
- All people are out for themselves
- All people are untrustworthy (replace "people" with lawyers, car salesmen, preachers, etc.)
- I have to work long and hard for my money
- You need money to be able to make money, and I don't have any
- I never have enough
- There is never going to be enough \$
- I'm never going to have enough \$
- No matter what I do, I don't seem to be able to get ahead
- I spend everything I make
- There won't be enough money to last me
- I need to find me a rich (husband / wife) to get me through, I can't make it on my own
- Money doesn't grow on trees
- Having money is the only way out of my problems
- I will feel better/free/like I have more options, when I have money

Work / Career

- I'm a fraud at work
- Work is biased towards women
- I will never succeed
- I must be certified in order to be successful
- You have to trample your way to the top
- If I don't achieve X there's no point in starting
- People are basically stupid
- No one understands me
- I am smarter than my team
- I must have a college degree
- I am not good enough to do this
- I will never find a way to use my skill set and get paid well for it
- I'm not a team player

- I don't like to be part of a team
- I don't trust team members
- I hate working for bosses
- I don't do well working for others
- I will have to work for the rest of my life
- If I retire, I will die
- I can't wait to retire, then I can really live
- I dislike working for someone else
- Working for someone else is like throwing money away

In addressing limiting beliefs, find a statement that you think you believe, then state it out loud. If you resonate with it, you will feel heavy and connected to that statement – no matter how much you do or do not want to resonate with it. Once you get that it is a belief system, go through the following exercise to release the belief system from your core:

Write your belief statement here:

Is it really true?

Can you absolutely know that this is TRUE ?

How do you react when you think this thought?

How does my belief statement make me feel?- PEACE or STRESS?

Can you think of one stress free reason to keep that statement or thought?

Who would you BE without that thought?

If someone else is involved, who would you be with the other person?

Now write the OPPOSITE or turn-around of the old thought (i.e. I attract warm, friendly and trustworthy people).

Could it be just as true if not truer that...?(State turn-around thought here)

Do you think there is anybody on the planet that might think that he or she is...

Turn the statement around about yourself.... Could that be just as true, if not truer?

Which statement is more true, the old one or the new one?

Where have I already DONE that very thing (the new thought) in my own life?

What thought would make me feel better?

Now for the Neuro-linguistic programming script

NLP is a set of insights and skills...with which you can actively use your mind and your emotions and your body to run your own life more successfully and to communicate with other people with 'extra-ordinary' effectiveness.

Step 1) Re-state the old Limiting Belief.

Step 2) "I used to believe that....." (Restate the Limiting Belief)

Step 3) "I believed that because"

Step 4) "I completely forgive _____, (the other person/s involved, if there is one) because I know they did the best they could with the information they had at the time, and at their then level of evolution."

Step 5) "I completely forgive myself for having bought into it. I realize that it can't hurt me unless within me are the seeds of agreeing with it! I completely forgive myself for having believed it."

Step 6) "I now realize that"(newly chosen belief, with substantiation of why it serves you better and is logical.)

Step 7) "I completely love and accept myself even though I held on to this for so long!"

Step 8) "I forgive myself for not having learned this earlier."

Step 9) "I am so proud of myself for realizing that.....(state the newly chosen belief again.)

Step 10) "I know now that.....(reiterate the newly chosen belief again.)

Step 11) "Thank you, God, for forgiving me for not having learned this earlier.

1. I love you (for showing up in my life) and for...
2. I'm Sorry that you showed up in my life that way because if you had to show up that means that I have not figured it out on my own.
3. Please forgive me
4. Thank you for showing up so I could have this learning experience

Then, when you have said the last phrases enough times that you feel good, make the loud declaration: "It is Done!"

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<https://lonerwolf.com/core-beliefs/>

www.powerfulandtrue.com

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