

THE 5 KEYS TO OVERCOMING LIMITING BELIEFS

Set Yourself Free

Limiting Beliefs Hold You Back? Here's What to Do About It

Do any of these sound familiar?

1. You often don't feel happy or satisfied
2. You're often stressed, anxious or worried
3. You're successful but you feel like there's something missing
4. You'd like to feel more satisfaction, contentment and joy
5. You're still seeking happiness, fun, a carefree life
6. You've done years of personal growth or spiritual work but still haven't got to where you want to be (and by now you're wondering if you're chasing an illusion)
7. Your current motivational work and goal setting have not got you where you want to be
8. Your affirmations and meditations haven't got you where you want to be.

If you're not satisfied with where you're at, you'll be pleased to know that here's a reason why and that you can do something about it.

We all have limiting beliefs. They hold us back. They lead to unhappiness and stress when we really don't need to feel that way. Our limiting beliefs get in the way of happiness, fulfilment and success.

The solution is to discover your Limiting Beliefs (LBs), prove them false and turn them into Empowering Beliefs (EBs).

Perhaps you've heard about Limiting Beliefs. Perhaps you're wondering how this info will be any different from what you've seen before.

Perhaps you're wondering whether you'll be able to overcome limiting beliefs this time since nothing has worked before.

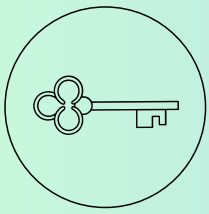
You're about to discover a unique Process - The 5 Keys to Limiting Belief Alchemy. Alchemy is the elusive process of turning base metals into gold, an ancient preoccupation.

- Give yourself some alone time for this, it'll pay dividends.
- For written responses, if possible hand-write.
- If not, it's OK to use an online doc eg Word, Apple docs or notes, a Google doc - whatever you prefer.
- Be ready to write.



"I've been doing personal growth and spiritual growth work for decades, but the Limiting Belief Alchemy process that I'm about to share with you is the most powerful tool I have ever come across. It's been truly life-changing for me and for many others".

Rob Turner. Head Coach



FIRST KEY

An Event

The first key to overcoming limiting beliefs is to use your “Emotional Guidance System” to identify a specific limiting belief so that you can process it.

Here’s how it works.

Notice when you feel a negative emotion.

- You feel a negative emotion when a limiting belief is active. The stronger the negative emotion, the more powerful the limiting belief.
- Likewise, when you feel a strong positive emotion, an empowering belief is active. Celebrate these! Notice how good you’re feeling and lean into it

We feel negative emotion because deep down we know the belief we’re experiencing is limiting and therefore false. Deep down we know we’re operating on a false premise, an illusion.

What area of your life would you most want to focus on to start? Pick one. Main areas for most people are money, work, romantic relationships, family relationships and health.

Now we’re going to look for an event where you felt negative emotion.

There are several ways into this:

1. Try to identify an area of your life where you often feel a negative emotion - it could be annoyance, anger, sadness, frustration, regret, envy, etc. Or maybe you’d rather not think about it, it’s something you block out. When you feel an intense negative emotion in that area of your life, write down a specific event that triggered these feelings. If it’s an event that repeats eg when someone often reacts or treats you in a particular way, or when you often react negatively to a situation, and if that really bugs you, then you’re onto something. Write it up.
2. Or think of a recent event in that part of your life where you felt a strong emotion eg you felt really annoyed, angry, hurt, frustrated, resentful, jealous, upset, unfairly treated etc.
3. Or think of something you’d like to do but are afraid to - where you have fear. There are two kinds of fear: rational fear and irrational fear. Rational fear is fear of something that can physically harm or kill you. This is part of our survival mechanism. All other fear is irrational. It may take some time for this to become apparent. For now simply see if you can accept that it’s possible that it could be true.

You are looking for an event where you felt a strong negative emotion- triggered by that specific event. It doesn’t matter whether you think that you were right or wrong in that moment or whether someone else was in the wrong.

Write down what happened, describe the event.

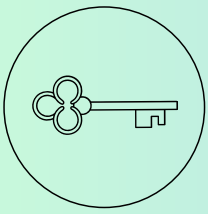


EXAMPLE

An Event

Jane was very upset when Mary, one of her close friends, did not go to Jane’s husband’s funeral.

Mary offered no explanation as to why she didn’t go. Jane was very upset, she was devastated at the time.



SECOND KEY

Identify The Emotion

Describe the emotions you felt and thoughts that arrived.

- Try to write down 2 or 3.
- Be sure to record some emotions, not just thoughts or beliefs.

Examples of Thoughts

- I was right, they were out of line.
- I can't believe that this happened to me again!
- I can't believe that they did this again!

Example of Emotions

- I felt angry, resentful, fearful.

Emotions are feelings, take the strongest one that you felt and complete this Because Statement:
I felt [name of emotion - angry] because [say why].



Jane felt angry, upset, hurt, resentful, surprised, sad, unappreciated, disappointed, confused, rejected, perplexed, under-valued, let down, annoyed.
Some thoughts that she had were:

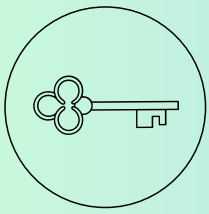
- Mary obviously doesn't value our friendship as much as I do
- Are we not important to you?
- Your husband could have driven (Mary doesn't like driving and it was a long way - her own fear / LB).
- I did not feel valued

EXAMPLE The Emotion

- I felt taken for granted
- I felt rejected
- I go out of my way to meet with you and even then you show up late
- Am I not important to you?
- Why do you treat me this way?

JANE'S BECAUSE STATEMENT

I felt angry because my close friend Mary did not even care enough to come to my husband's funeral.



THIRD KEY

The Limiting Belief

When you feel a negative emotion, it signals that a limiting belief (LB) is active. Therefore there is a LB waiting to be discovered.

How do we do this?

How do we take that negative emotion and use it to discover a LB?

- Take your Because Statement above - I felt [the emotion] because
- See if you can identify one or more Limiting Beliefs.
- Identify the most powerful Limiting Belief.
- If you find an unhelpful belief but think you won't be able to prove it false because you believe that it is true, then you have really found a deep LB.

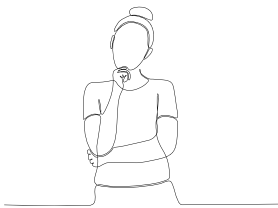
To illustrate this concept, some people might really believe or want to believe that nothing good comes without hard work. But this is clearly not true if you look at the world and the ways in which people get money or free stuff, although some people might find this to be a difficult concept.

If you have such a firm belief that is getting in the way, try to start by merely thinking that the new idea, the opposite of this belief, might be possible, even if you don't really believe it yet.

Key Insight:

- All limiting beliefs are false.
- All empowering beliefs are true.

It may take some time for this to become apparent. For now it's enough to see if you can accept that it could possibly be true.



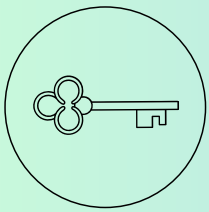
- I believe that others do not value me therefore believe I am not of value.
- I believe that I am not of value and I do not value myself.

Jane felt that this LB was the most powerful for her: **I believe that I am unimportant.**

EXAMPLE

The Limiting Belief

This is a worthiness LB. Worthiness and Lack are the most common LBs. Lack can include lack of money, time, love, health, etc. You may be aware that you feel unworthy or that you lack things, however worthiness and lack are too general to work with, so we need to find and process specific events like Jane's.



THIRD KEY

The Limiting Belief

Your Because Statement and Your Limiting Belief

Yesterday you wrote a Because Statement.

Example 2

Let's say you felt angry because you were disrespected. You might have written something like this: I felt angry because I was disrespected.

Can you see that what actually happened was that you FELT disrespected, not that You WERE disrespected? After all, what does another person's opinion of you matter? Only you really know you. You can see that you felt disrespected because of a limiting belief, and that someone who did not have that limiting belief would not have felt disrespected. So you can rewrite your Because Statement to "I felt angry because I FELT disrespected."

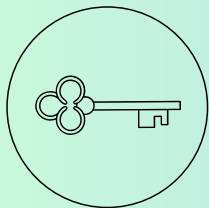
Not "...because I was BEING disrespected."

There could be a number of LBs behind feeling disrespected. It's usually around one's own self-concept and sense of feelings of unworthiness.

In our example, let's say you now know that you felt angry because you FELT disrespected. Next, ask yourself why feeling disrespected by someone might make you feel angry? Your limiting belief will likely be found in that answer.

It's likely that many of your LBs date back to childhood. You would have picked them up from the beliefs of parents and teachers or from the way they treated you.

Your work here on your LBs can free you from blame and resentment of things past, because you can liberate yourself from old and core LBs. you can't change what was said or done when you were young, but you can change how these events affect you now. It's part of consciously creating the life you'd prefer.



FOURTH KEY

Find evidence to prove the Limiting Belief false

All Limiting Beliefs are false and all Empowering Beliefs are true. Accumulate evidence to prove this LB false. Start by softening it. Start with obvious logical or intellectual evidence, and then look for examples:

- List reasons this LB is not true
- Why would this not be true? Logically, why is this untrue?
- Find examples in your own life where this was not true
- Find examples in the lives of people you know or with other people eg if your LB is that money only comes from hard work, list examples of people you know who received a lot of money with little or no work

Back to your LB. You might like to journal on this. Write whatever comes to mind about this event, record other times and situations when you have felt this way. Note it down if you remember first feeling this way as a child and especially the first time you ever felt this way or an early memory if it comes to mind, etc. You'll gain much insight this way. LBs are often formed in childhood and cannot be rationalised away - they need to be proven false.

Now try to go deeper, try to come up with evidence that really resonates with you. You may need to consciously change your perspective or beliefs on an issue. If you don't come up with anything or need more info, use whichever of these approaches resonates with you:

- Ask your subconscious for more info
- Ask God for more info, pray
- Meditate on it
- Set an intention to dream about it or to wake up with the info
- Ask your guides and helpers for more info
- Ask your Inner Self or Higher Self for more info.

Ask for more info, say that you want to soften the LB and to find evidence to prove it false. Demand the info and it will come. You want to get evidence that you really feel strongly, evidence to prove this LB false. We want to get to the point where you consider the LB to be false at 8 or more out of 10 with 10 being *'I know 100% that this LB is false.'*

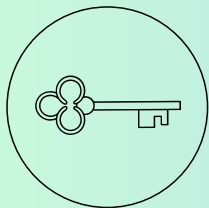


EXAMPLE

Prove the Limiting Belief False

Jane listed all the people who value her enormously. She made a list of all the reasons why Mary might not have gone to the funeral. There were many possible reasons, so why focus on a wild guess about how little Mary values their friendship or why this reflects badly on Jane's importance, value or worth.

- She listed all her friends and how often they get in touch.
- She's always being invited to things and places.
- People seek her out for advice, a wise ear.
- She noticed that she can easily make new friends.
- She noticed that people like to be with her and love her positive energy.
- She's not Christian but believes we are all valuable and important in God's eyes, God loves us all equally.
- Suddenly Jane had a deep feeling, a knowing that she is important, worthy and valuable.
- She felt this viscerally.
- She knew she'd got there and proven her LB false.



FOURTH KEY

Find evidence to prove the Limiting Belief false

In our example of feeling disrespected, some people might have felt disrespected by that event but others might not, which tells us that being disrespected is not an objective fact. It's a perception, a perspective, a subjective feeling, although in our example, your hypothetical feelings of being disrespected and that someone was doing that to you might seem very real.

Not everyone would feel disrespected by someone else's comments and attitude. Someone with strong self-confidence and self-belief would see the situation quite differently. They might think that the other person, who was being "disrespectful," was talking rubbish, mouthing off. They might think that they weren't worth listening to, that what they were saying was of no relevance.

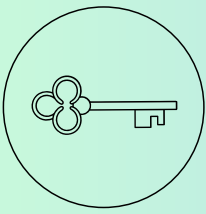
Doubling Down vs Letting Go

If you analyse something that annoyed you or made you angry, if you really dig into it, you might be able to see that someone else might have reacted differently to you. Sometimes, upon examination like this, the reason for being angry just dissolves. If this doesn't happen, then you're still convinced that you have valid reasons for being angry. And a LB is still active. This is when you "know" you are right.

Maybe sometimes you focus on being right even if deep down you're not so sure. We do this in order to avoid feeling more negative emotion, eg to avoid the feeling of being wrong, to try to manage what others think of us. Changing your mind and "backing down" seems harder than doubling down on your current stance. Strangely however, if you could let go of it all, even momentarily, you'd feel an immense sense of freedom and lightness. The need to be right or to be seen to be right is a heavy burden to carry through life.

Have you noticed that when you take a position of being right and feeling "justifiably" angry about it, it feels awful. That feeling is very unpleasant so we avoid it and double down in the hope that we will feel better. The more you double down on it, the worse it feels and it doesn't work, because deep down you know that your entrenched position is weak or even wrong. Deep down you know that what is really going on is that a limiting belief is active and that feels awful. It feels awful because it's at odds with your authentic self. Your "true self" or conscience is in disagreement with the walking talking you, and that feels very unpleasant. This is your emotional guidance system at work - feeling a negative emotion tells you that a LB is active.

The alternative and the way out of this trap is to let go of your opinions and fixed views on the matter at hand, even briefly. You'll experience a profound feeling of relief and freedom.



FIFTH KEY

Create a new empowering belief to replace your LB

Think of a statement that is the opposite of the LB you have been processing. This new EB is something that you believe is possible but something that you currently do not believe to be true.

Couch it in positive terms, no negative words, ie don't state how you *don't* want to be (don't negate the LB). Instead make a new *positive* statement.

Using Jane's example, she might say "I am important and valuable" or "People really value me." She wouldn't say "I no longer think I am unimportant" nor "Nobody thinks I am unimportant."

In our example of feeling angry about being disrespected, your new EM might be "I respect and value myself."



Jane:

- I know that I am important, valuable and worthy. I simply know this.
- I have many friends who want to spend time with me.
- I am interesting, positive and fun.
- People like and appreciate me.

EXAMPLE

Identify a New Empowering Belief (EB)

YOU MUST CULTIVATE IT!

Cultivate this new EB. Decide how you will cultivate it eg ;

- Affirmations
- notes that pop up in your calendar
- recite it at night before you fall asleep or if you wake up in the night
- recite it as you wake in the morning
- recite it whenever you are sitting at a red light or waiting for a train
- write or journal about it and re-read it daily
- whatever works for you

When it comes to proving your LBs false, you'll know you are getting somewhere when you have tipped the balance in your favour. On a 1 to 10 scale, where at 10 you know beyond a doubt that the LB is false, your aim is to get past 5. In time you'll get to 8 or 9.

You'll know when you've tipped the scales because events like the one you wrote up in the First Key will no longer trigger you. Oftentimes you won't even notice them and sometimes they stop happening altogether.

STUCK?

Don't worry if you get stuck. We all get stuck occasionally, but when you get the breakthrough, the feeling is profound, it feels amazing. It can be life-altering, so keep going.

If you get stuck, it's often effective to go back and re-work these parts:

1. Identify the key emotions and then the main one, the most powerful one you experienced in the event. Be sure it's an emotion and not a thought
2. Note the thoughts that emerge and differentiate between your thoughts and emotions
3. Really nail the main LB that is active, and state it clearly as an "I believe that..." statement.

Rob Turner

FAQS

Will I Be Able to Banish My Limiting Belief? Will It Be Gone Forever?

Not quite but that's ok. It will no longer affect you the way it does now. You will no longer feel fear when this LB is triggered, it will no longer stop you from taking action. It will no longer cause you problems, but LBs are a part of us. Once you prove it false, it will no longer trigger negative feelings or hold you back. It will be something you notice but that's it.

If it does trigger a noticeable or strong negative emotion after you've done this process, go back and seek more evidence to prove it false. It can take a few rounds, especially with core limiting beliefs.

I'm not feeling any negative emotions

Negative emotions are unpleasant so it's common to mask them or ignore them. This amounts to suppressing them. With a little practice you'll start noticing them. You have two choices - start noticing even trivial annoyances and processing them. Or ignore them and sooner or later you'll be hit with one you can't ignore.

I'd rather focus on empowering beliefs.

By all means notice these and cultivate the empowering beliefs. If you use affirmations, then make affirmations around your empowering beliefs. If you've noticed that affirmations don't work very well, that's likely because of affirming something that you don't believe or that isn't a match to you. Instead, focus on the feeling of the thing you desire, how you'd feel if you had it.

EXTRA READING

FEARS

Within each of the two kinds of fear, rational and irrational, we can fear doing something and we can also fear not doing something.

CASE STUDY

Sebastien wanted to go on an international aid mission. He loves travel and was quite an adventurer, but not for the last 20 years.

He feels trapped by obligations and a career he has no passion for or interest in. As the years tick by, he feels increasingly trapped, like his life is slipping away and that he has no personal freedom.

The overseas mission is of great interest to him. He's always been fascinated by this kind of thing, and he has been following the situation closely for several years. He shared this dream with his wife who reacted very negatively. Sebastien capitulated and didn't go, a decision he regrets more and more as time goes by. He's grieving the loss of this opportunity, it's one he believes that he may never get again. What's going on here?

Here we see the two fears - fear of going and fear of not going. In the moment, the fear of not going on the mission and his desire to go were overpowered by the consequences (fear) of going. All of these fears are irrational. A rational fear is of injury or death but, interestingly, he actually didn't fear that. People weigh up one fear (eg taking an action) against another fear (eg not taking that action). One fear outweighs the other, and that forms their decision.\

But in Sebastien's case, his fear of not going and his desire to go were still very strong, so although he had capitulated, he resented it deeply and that resentment grew and grew. He felt his life slipping away. He felt that his needs were not being acknowledged or honoured.

Sebastien's fear of his wife's rejection and retaliation was acute, in the moment it was very powerful. This (irrational) fear stemmed from childhood when it seemed very real to him. He felt this same fear with his mother when he was a young child. Back then it felt like a matter of survival. It's no longer a matter of survival, it's a deep-seated LB and fear.

The fear of his life slipping away was chronic, ongoing, and very strong. He felt trapped between two devastating fears. To him, the consequences of going were unbearable, as were the consequences of not going. He was in a trap of his own making. Underpinning all of this were several very powerful limiting beliefs:

- He believed that he didn't have a choice but to capitulate to his wife
- He needed to go on the mission as this would be living the life he truly wanted, even though nothing would have changed for the better on his return
- He is responsible for his family's happiness even though he knows intellectually that he can't make another person happy and has not managed to make his family happy

EXTRA READING

FEARS

- He can't live the life he wants. Others can, but he can't
- Terror of rejection/retribution/retaliation by his family
- He doesn't deserve to be happy even though others do
- He doesn't like to upset people (fear of rejection)
- It's easier to just go along with things rather than face the wrath of other people - because he does not value his own needs and wants or, in fact, himself, highly enough
- Divorce = failure, he'd be alone and lonely, his children would not love him, he'd have less money.

Using the 5 Keys, Sebastien was able to identify these beliefs as limiting beliefs, as false and he was able to prove them false. This opened up a new sense of personal freedom for him, one that he now experienced every day. He saw that he was in an emotional and mental prison of his own making and he set himself free.

While still fascinated by the idea of an aid mission, his need to actually go on the mission became less intense because he had found a true sense of personal freedom and purpose that he was experiencing every day.

He might yet decide to go on a mission but it no longer stands for a life of

- entrapment vs freedom
- meaninglessness vs purpose
- boredom vs passion
- subjugation vs personal choice and power

because he now experiences all of this good stuff anyway. He liberated himself by overcoming his limiting beliefs and fears.

EXTRA READING

DON'T IGNORE TRIVIAL ANNOYANCES

The event where Mary did not go to Jane's husband's funeral came to light one day when Jane was looking for limiting beliefs by identifying annoying events and moments when she felt negative emotion. It came from a trivial event, so trivial that Jane had dismissed it.

One day, as she was driving across town to see Mary, Jane noticed that she was getting annoyed by other motorists' driving. Usually, she never gets annoyed by other people's driving, but she dismissed that negative emotion and put it down to being tired.

However, analysing this event using the 5 Step Process, Jane realized what was really bugging her.

- Jane knows that Mary really values their friendship but Mary won't visit Jane.
- Jane always "has" to go to see Mary at work or home. Jane thinks that this is an "unfair" situation.
- Jane has to drive across town to visit Mary.
- Mary is often late, even though they meet near Mary's office.

You may be wondering why Jane doesn't just say something to Mary? Such is the power that a LB has over us. Deep down Jane doesn't feel sufficiently worthy to make a reasonable request of a friend. So, instead, she became irritated with other motorists on her way to see her friend for lunch.

During a session with Jane, we examined this further. She mentioned in passing that Mary had not attended her husband's funeral. She hadn't previously mentioned this and had never consciously linked that event with her growing list of irritations with Mary.

That is how the real core issue was revealed! Starting with slight irritations with others' driving, to finding the core Limiting Belief I believe that *"I am unimportant"* !

A Thought for You

The Upside of Annoyance and Irritations...

If an annoyance is your entree to identifying and overcoming a limiting belief, and in turn, this leads to more joy, freedom, abundance, love, acceptance, passion, confidence, and exhilaration, then could that annoyance... or even anger... actually be your friend?

This is Belief Alchemy! Turning unwanted experiences into pure gold!