

Releasing Limiting Beliefs

Objective

To identify your limiting beliefs, release them, and replace them with empowering thoughts.

What to Know

Limiting beliefs are opinions of yourself and others that hold you back in some way. The stronger the belief, the more evidence you find to support it, even though many limiting beliefs are untrue! These beliefs are formed unconsciously and are based on your life experiences. Sometimes they are misinterpretations of past events. You solidify these beliefs in your mind through repeated thoughts after you've decided the opinions must be true.

Having limiting beliefs prevents you from taking action, and releasing them can have a positive impact on your self-worth, confidence, and personal empowerment. Unless you address limiting beliefs, they will continue to hold you back. This worksheet will help you identify a belief that's holding you back and answer a series of questions to uncover the truth, release the belief, and replace it with a more positive belief.

What to Do

Use this process to uncover a limiting belief you can release. First, check off the limiting beliefs you have. Add your own beliefs or stories in the space provided.

- I'm too old/young, not educated, or not attractive enough.
- I need to make others happy, so I won't feel rejected.
- I can't be happy until _____ changes.
- I must earn other people's approval to feel good about myself.
- It's easier to run away or shut down when things get tough.
- I must stay in a relationship because I can't make it on my own.
- If I'm happy when others are suffering, it means I don't care.
- I can't be happy until my relationship/career/health/life is different.
- If they really loved me, they would _____.
- It's selfish if I want more out of life.
- I've suffered so I'm entitled to have people help me without doing anything in return.
- I should be farther along than I am – what's the use in trying to get ahead now?
- I'd better not be so happy, or I'll just have further to fall.
- Things will never work out for me.

- ___ I can't rely on others to support me – I must do everything myself.
- ___ I'll never make enough money.
- ___ I'll always have to struggle while others have it easy.
- ___ I must be perfect in everything I do.
- ___ Health problems will always keep me from happiness and success.
- ___ I need to suffer before I can be happy.
- ___ I must have money to make money.
- ___ I'm responsible for other people's happiness, and they're responsible for mine.
- ___ I don't deserve love, success, money, fame, etc.
- ___ Everything is harder for me because of _____.
- ___ I never have support – everything is always harder for me.
- ___ I can't make decisions without other people's approval.
- ___ I have to say yes to everyone otherwise they will be disappointed.

- ___ Belief: _____
- ___ Belief: _____
- ___ Belief: _____

Now answer the following questions.

What limiting beliefs do you have about being successful in life?

What doubts and fears do you have?

What "shoulds" do you tend to come back to?

Referring to the previous page, choose one limiting belief you want to release.

How do you react when you think about this limiting belief?

How does it make you feel? What emotions do you experience?

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

What other fears arise? Are they true? Can you absolutely know for sure? Explain.

Where did this belief come from? Is the source an expert or a valid source? Is it from your personal experience? Explain.

What are the benefits to holding on to this belief? How does it serve you? Be specific.

What is the cost to having this belief? How does it affect your behavior or attitude?

What are the reasons you might want to hold onto this belief?

Can you think of reasons to release this belief?

What do you think might happen if you release this belief?

Are you ready to release this belief? Why or why not?

Next, if you're ready, you will release the limiting belief.

1. Take a piece of paper and write down the limiting belief.
2. Write down 3 reasons why this limiting belief is untrue.
3. Say aloud, "I choose not to believe this anymore. It's not true because of (*your reasons*)."
4. If it is safe, burn the paper, or rip it into pieces and dispose of it.

Now, you'll transform the belief into a positive and empowering thought. What can you replace the limiting belief with? Write it down.

Is this new belief as true or truer than the original belief? Explain.

As you replace your limiting belief with this new empowering thought each day, what will you do differently? Describe behaviors, actions, and so forth that will change.

After two weeks of thinking the new, empowering thought, how do you feel about your new belief?

How do you feel about your old belief?

Are your behaviors and thought patterns changing? Why or why not?

Now, repeat the process with other limiting beliefs.

Reflections on This Exercise

Did this activity help you successfully identify and release a limiting belief and replace it with an empowering thought? Why or why not?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
