

BUST YOUR LIMITING BELIEFS

And replace them with positive permissions and forward action

Beliefs are neither true nor false. What might feel really true for you, may not be for another.

Beliefs are helpful or not helpful with regards to the goal you want to achieve.

If you are feeling stuck with a limiting belief that is holding you back from achieving what you want to, here is a good way to challenge those beliefs and replace them with positive permissions that help you in forward action.

Preparation

Make sure you start with this tool when you are feeling calm and composed.

Find a place where you will not be disturbed for about 15 to 20 minutes.

Be kind and compassionate towards yourself as you do this tool and afterwards as you process your thoughts and explore some things that may have led you to this limiting belief.

Identify and shut off that critical voice in your head - drop the judgment, give into the process of these questions, be honest, and see what emerges.

For this to work, you must be totally honest with yourself and open to the process.

Read the answers you have written.

Naming the Event, Thought, or Feeling

Q1. Identify the stressful event here. What happened? (put down only facts of what actually happened)

Q2. What thoughts are you having? What is the assumption you are making? What interpretation are you adding on to the event?

Q3. How much do you believe the thought? Rate from 1 to 100 with 0 being 'do not believe it at all' and 100 being 'believe it completely.'

Q4. How does this thought make you feel? (make sure you put down emotions here and not what you think)

Q5. How strong is the feeling? Rate it on a scale of 0 to 100, with 100 being maximum intensity.

Questioning the Thought

Enter the thought/belief that you would like to examine below (mentioned in Q2).

Thought/Belief:

Q6. Is this belief true for you? Yes or no:

Q7. What evidence do you have that this is true or accurate?

Q8. What evidence is there that this is not true, or at least, not completely true?

Q9. Is this true all the time?

Q10. What could be another explanation for your belief? Think of as many perspectives as you can.

Q11. What is the worst that can happen if your belief is true? Would you be able to live through it?

Q12. What is the best that could happen?

Q13. What is most likely to happen?

Q14. How do you treat others when you believe this?

Q15. How do you treat yourself when you believe this?

Q16. What thoughts about yourself do you get?

Q17. Sometimes we believe things because they help us in ways we may not have understood. For example, some people use worry as a means of keeping themselves protected or on guard. How might this belief be serving you?

Q18. How has this belief affected your actions and the way you have lived life in the past?

Q19. Think about it. When did you start thinking this way?

Q20. Does this belief bring you peace or stress?

Q21. What would happen if you keep repeating this thought in your head or kept believing this?

Q22. What might happen if you changed your thinking about this? Imagine your life without this thought/belief - how would it be? What changes? What does not change?

Q23. What would you tell a friend if he/she was thinking like you are thinking right now?

Moving Forward

Q24. How much do you still believe the thought now? (Rate from 0-100)

Q25. How strongly do you feel the negative emotion now? (Rate from 0-100)

Q26. What should you do for myself now? (This article features a list of coping strategies.)

Q27. After going through this process, is there any other action you might choose to take now?