

Deconstructing a Limiting Belief

Unhelpful beliefs block our ability to consistently take action. In this exercise you will ask a series of questions to deconstruct a belief that is not serving you.

1. What is the belief?
2. Why do I believe this? (what is the evidence that this is true? Where did this belief come from?)
3. What benefits does this belief have? (What is the unconscious secondary gain you get from keeping this belief?)
4. What is this belief costing you? What is the cost of keeping this belief?
5. Is this belief an ABSOLUTE TRUTH? (In order to be an absolute truth it has to be true for EVERYONE, otherwise it is a belief)
6. What *could* a new belief be? (what is a possible new belief - you don't have to believe it....yet)
7. How would you benefit if this new belief were true?
8. Make a choice. What belief do you choose?
9. If you were already someone who believed this, what small action would you take? What tiny decision would you make? What would you think, do or say from the perspective of someone who *already* believed this?