

## Letting Go of Limiting Beliefs

The guidelines below are one way you might use to help you clean your internal attic. You really *can*

“re-write” beliefs, resentments, regrets and other pesky thoughts that limit us and keep us from living the full life that God intended for us.

Letting go of limiting beliefs is not necessarily an easy process, and they don’t just go away by themselves. The rewrite needs to be done incrementally, a step at a time. Taken in small bites, it allows you to digest and assimilate. Begin the process by opening the door or window a crack. After you identify a belief that does not seem to be terribly helpful (for example, “Suffering makes me a better person”), don’t simply try to make it into the opposite statement of that belief. Instead, start by acknowledging the possibility of something different, such as... “It is reasonable to believe that I can be a good person even if I don’t focus on bad things..” (or something slightly different like that) and only as far as feels right or fair statement.

Throughout this process, you will need to think outside the belief box you are in. It needs to be *different*. It is helpful to first identify an exception to your “rule”. Think of, or ask friends for, an example of when you/they observed something that conflicted with the target belief. Use your body as a gauge for what feels good. Check each statement for how it makes you feel.

Look at, explore how the limiting belief plays out in your life. Flush out all the facts.

- What does it look like?
- What choices or decisions am I making based on that?
- What problems is it preventing me from solving?
- How is it making you behave?
- Look for subtle ways as well because if you don’t, these will potentially continue without your awareness. These may include the substitution of behaviors that have the same effect but seem more acceptable or can be rationalized. (in the case of “suffering”, “deep concern” aka worry, may pretend to be something helpful.
- Go back in time and see how that belief has played out in your life. Really get a feel for the magnitude of the effect this belief has had.

Write out what you would rather believe instead. Get together with trusted friends and brainstorm ideas for a new belief. Write down the new belief and practice it. That is, do something physical that supports the belief and schedule that sort of thing regularly.

Say your new belief out loud several times per day for 2 weeks, print and post around the house, car, work, etc.

Keep track. You may want to keep going and create a “Belief Log”. Include:

Original Limiting Belief

One or two (1-2) specific ways it has affected me: decisions, problem solving ability and choices.

The new re-write (this may be modified and strengthened as you become more comfortable with it.)

One or two (1-2) new actions that support and reflect the new belief.

One (1) way that you have celebrated your new found freedom and integrity of spirit.

*Adapted from **Sacred Choices, Thinking outside the tribe to heal your spirit**, by Christel Nani*

*\*\* This is a great for more in depth understanding of the concept and process.*