

Challenge Your Limiting Beliefs

A limiting belief is a thought about yourself that you believe to be true, when in reality it's a subconscious lie that influences your thoughts, feelings, and behaviors.

1

Step one: Identify the fear/thought/belief you're stuck on

This step is pretty self explanatory and rooted in mindfulness. For you to be able to heal your limiting belief, you need to be able to "get your hands on it". For example, let's say you did some overtime for your boss last week only to discover that you weren't paid for your time. You might be "stuck on" feeling upset and jilted but frustrated because you believe you can't say anything to your boss about it to address the situation.

2

Step two: Ask yourself why?

All the steps here are very important, but this one is crucial. If you don't answer this question with the utmost honesty, the rest of the steps will be scratching the surface and not getting you anywhere helpful. So, take a deep breath and BE HONEST WITH YOURSELF in asking why you feel, think, or believe the way you do.

3

Step three: Dig deeper

Oh, you thought you were done with the digging after step two? Sorry Charlie, but no. Depending on how long you've held the belief, you might have to keep asking yourself "why do I feel or think this way? What does it mean about me if I do/say XYZ". You won't know how deeply you have to dig until you start digging. Ask yourself follow ups to every answer and once you feel like you've hit the buried treasure and can't dig any further, put down the shovel and pick up the flashlight you'll need for step four.

4

Step four: Identify the message

So this is where it gets juicy. If you're much of a crier, get some tissues for this step. We'll wait. OK, now, take a deep breath and take the last answer to your big dig series of "why" and ask yourself " what message did this send me when it happened? What message am I sending myself here". This is where it could be helpful to do some of the shadow work or inner child exercises practiced at New Neese on Life.

5

Step five: Overwrite the message.

In this final step, you're going to need to be armed with self love and compassion. Sometimes this is really hard to access in the quantities you might need it, but there are strength building exercises for that. Don't worry, do your best. Externalize this, see yourself as a child or someone you love and imagine they'd been sent the message you identified in step four. What message would you send them to overwrite the toxic one? Can't think of anything? Go back to step two, but asking yourself why you can't show yourself compassion. Follow the steps again until you find the root. If you have trouble doing this, call in reinforcements.



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Please refer to page one of this resource for an explanation of these examples and other tips.

1

Step one: Identify the fear/thought/belief you're stuck on

My boss didn't pay me overtime pay for my extra work last week, but I **can't** say anything to them about it or complain.

2

Step two: Ask yourself why?

I **can't** confront them about it because they might just fire me.

3

Step three: Dig deeper

If they fire me, I **am disposable** to them and was **never truly important** to them.

4

Step four: Identify the message

I prioritize my being approved of and valued over anything. I am willing to bite my tongue because **I am not important enough to stand up for.**

5

Step five: Overwrite the message.

I am worthy and deserving of respect and decency. If I am not given these things by my employer, they are undeserving of my time and energy.



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