

Being Limitless

Observing and Dissolving Limiting Beliefs

Limiting Beliefs are habitual thought patterns we have, often about ourselves and our self-identity, people and the world which hold us back in ways that deplete our life experience and growth. They are collections of opinions of ourselves and others that have been formed unconsciously based on life experiences you mostly had no control over and are most often misinterpretations of past events.

When you observe them for what they really are and begin to decode them you will realize the fact that the vast majority of your limiting beliefs are simply untrue.

The following exercise is adapted by TrueMana from the work of Byron Katie.

First identify a belief that is holding you back to discover the truth or falsity of this habitual thought pattern.

Use the process below to observe the limiting belief, decode it and begin to dissolve it away. I recommend working through this worksheet slowly, taking pauses as needed. You might like to close your eyes to go deeper. Just relax and observe what comes up.

What is the limiting belief you wish to work on? (Eg: I don't have what it takes to succeed; I lack money and resources; I'll never be happy; I don't have time...)

How does this belief and the emotions that come with it typically get triggered? Who or what typically brings up this belief you have and the associated emotions?

Observing and Dissolving Limiting Beliefs

What images come to mind when you believe this thought?

This belief that you have, lets observe it again. Is it true? Is it really true? Can you absolutely know for sure it is true, or do you believe it to be true based on past experiences?

You might want to close your eyes and go deeper.

Just relax and observe what comes up.

"Whether you think you can, or you think you can't--you're right."

— Henry Ford

Observing and Dissolving Limiting Beliefs

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

How do you feel?

What emotions arise?

What behaviours or addictions does it invoke?

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

What other fears does it spark?

Observing and Dissolving Limiting Beliefs

What are the benefits of holding onto this belief? How does it serve you?

What is the cost? How does it alter who you are? How does it affect your behaviours?
How does it impact on your attitudes. What kind of choices do you make when you feel
this way and driven by these emotions?

Can you see a reason to drop this belief? Is this the feeling you want to embody, is this
what you want to invest your energy in?

Observing and Dissolving Limiting Beliefs

Who would you be without this habitual thought pattern? How would you behave? What would you do differently? Would this benefit you? Would this be more aligned to who you aspire to be?

There is something very powerful about being an observer. By doing this very simple exercise as an observer, you are actually taking the steps towards overcoming yourself and to releasing yourself energetically from such thought patterns, energy and emotion.

By telling the truth to yourself as you confront limiting beliefs, you are making choices about whether you want them to be part of your life or not.

You can use this worksheet again and again, for as many limiting beliefs as you like. By unpacking them every now and then, slowly but surely you are dissolving them, breaking them up and making them disappear.

Good Luck!

*There is one grand lie - that we are limited.
The only limits we have are the limits we believe.*

— Wayne Dyer

Observing and Dissolving Limiting Beliefs

Journaling (other thoughts, ideas, feelings you want to put down on paper to help you observe and dissolve your limiting belief)

You have the power in the present moment to change limiting beliefs and consciously plant the seeds for the future of your choosing. As you change your mind, you change your experience.

— Serge King