

COMBATING SELF-LIMITING BELIEFS

Tools and Techniques

The following are a selection of tools and techniques that may prove useful in controlling self-limiting beliefs.

Stepping outside yourself

This is a useful technique that involves you taking a more objective view of yourself, your thoughts and your behaviour.

The technique involves you simply imagining that you are a third party watching your behaviour from a detached position outside yourself. This could, for instance be from above, or you could imagine yourself sitting opposite yourself.

You could also imagine you are in conversation with someone, and you are looking at the situation from their point of view. When you begin to listen to your self limiting beliefs with the ear of a third party, the true 'worth' of those beliefs begins to become apparent. As a result you may find you begin to give them less significance than you would normally.

Learning to see yourself from the point of view of a detached observer is an extremely powerful technique, which if perfected, can give you back the control you may feel you lose as a result of your own negative beliefs. The more you can perfect this technique, the more light it sheds on your own thought patterns and behaviour and the more rounded a picture you begin to receive of yourself.

Putting your beliefs in writing

By writing down your beliefs you are articulating them. If they are not written down they can remain in the subconscious mind, fester and come out in ways that are destructive. Recording your beliefs has the effect of bringing them to the fore so that they can be examined in more depth. You can delve into your beliefs until you find the root cause, then brainstorm ways of tackling that cause. The function of each belief can be looked at: eg you could ask such questions as *is this belief protecting me, setting boundaries for me or keeping me in my comfort zone?*

Sedona Method

This is a method of simply letting go of inner turmoil and bringing your body back to equilibrium. The method was created in 1952 by the physicist Lester Levenson who realised, through his own health issues that our emotions are not an integral part of us and we can therefore, when they are at their most intense, simply let them go, just like dropping a pencil. (This is not the same as the unhealthy process of suppressing it.)

The same principle can be applied to self-limiting beliefs. Our beliefs can be changed simply by making a conscious decision to let them go. The key is constant repetition of the process of the letting go so that the belief eventually ebbs away.