

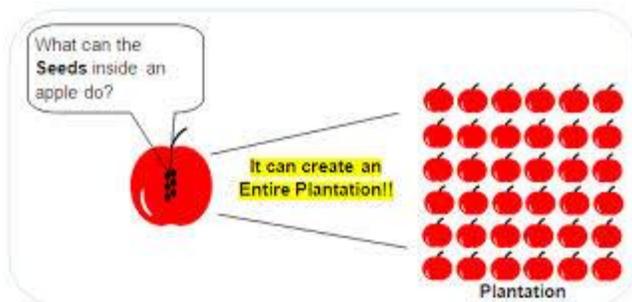
# NLP

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*SESSION 8 LIMITING BELIEFS*

NLP

## SESSION 8 Limiting Beliefs



What is a belief? It's a feeling of certainty about what something means. The challenge is that most of our beliefs are generalizations about our past, based on our interpretations of painful and pleasurable experiences. The challenge is, most of us do not consciously decide what we're going to believe. Instead, often our beliefs are misinterpretations of past events. How do ideas turn into beliefs? Think of an idea like a tabletop with no legs. Without any legs, the tabletop won't even stand up.

What is a belief? It's a feeling of certainty about what something means. The challenge is that most of our beliefs

are generalizations about our past, based on our interpretations of painful and pleasurable experiences.

The challenge is, most of us do not consciously decide what we're going to believe. Instead, often our beliefs are misinterpretations of past events. How do ideas turn into beliefs? Think of an idea like a tabletop with no legs. Without any legs, the tabletop won't even stand up by itself. Belief, on the other hand, has legs. To believe something, you have references to support the idea—specific experiences that back up the belief. These are the legs that make your tabletop solid and that make you certain about your beliefs.

For example, if you believe you're extremely intelligent, you likely have a lot of references to back it up. Maybe you did well in school, people always tell you how smart you are, you catch onto things quickly, etc. You can find experiences to back up almost any belief. The key is to make sure that you're consciously aware of the beliefs you're creating. If they don't empower you, change them.

All personal breakthroughs begin with a change in beliefs. The moment we begin to honestly question our beliefs and the experiences we assign to them, we no longer feel absolutely certain about them. This opens the door to

replacing your old, disempowering beliefs with new beliefs that support you in the direction you want to go.

If you develop the absolute sense of certainty that powerful beliefs provide, then you can get yourself to accomplish virtually anything, including those things other people are certain are impossible.

Here are ten examples of empowering beliefs to try on:

1. The past does not equal the future.
2. There is always a way if I'm committed.
3. There are no failures, only outcomes—as long as I learn something I'm succeeding.
4. If I can't, I must; if I must, I can.
5. Everything happens for a reason and a purpose that serves me.
6. I find great joy in little things... a smile... a flower... a sunset.
7. I give more of myself to others than anyone expects.
8. I create my own reality and am responsible for what I create.

9. If I'm confused, I'm about to learn something.

10. Every day above ground is a great day.

Energize and empower your beliefs each morning through the Hour of Power—get your free audio now.

“Beliefs have the power to create and the power to destroy.”

#### HOW TO OVERCOME LIMITING BELIEFS

The beliefs you hold to be true make up the fabric of your experience. The stronger those beliefs, the more they seem unshakeable, and the more you will find evidence to support them.

What most people don't realize is that the vast majority of our beliefs about the world are not really true “out there.” They are only true because we've decided they are, albeit we likely haven't done so consciously.

Beliefs are formed through repeated thoughts, and the only reason they hold any weight is because you've decided or agreed that they are true.

There are a lot of collective limiting beliefs that you've probably agreed to:

Work must be a chore

Marriage turns you into a boring old person

Time is money

Once you're an adult, life is about responsibilities, not fun

Dreams are not practical

And there are probably a lot of personally acquired limiting beliefs you've collected through your own unique experiences. Whatever the case, most beliefs are formed unconsciously, without our knowing about it. We didn't necessarily decide to agree to these beliefs because we wanted to.

It's not like one day we woke up and thought "Man, you know what would be awesome? To go out today and repeat a bunch of thoughts that are going to turn into hard and fast conclusions that will keep me from experiencing the life I want. Yeah, I think that's what I'll do today."

That would obviously be ridiculous.

None of us want to keep these beliefs, but we either think:

That's just the way things are (everyone else agrees), or...

It's become such a part of my identity that it's too hard to change now

In order to solve the first problem, we need to realize that what is often seen as “just the way things are” is, in reality, just a collective assumption. And because it's an assumption, that means that we decided to agree to make that assumption as well, on some conscious or unconscious level.

In that case, we need to reclaim our power, and choose to stop agreeing. It can really be that simple.

When it comes to ingrained limiting beliefs, patterns, or habits, these can be a bit harder to change. Because we're so used to them — and mostly because we identify with them — they hold a lot of weight in our experience. It can almost feel as if they're immovable objects on our path.

Some common limiting beliefs are...

The feeling of not being enough

The feeling of not having enough

Having to work hard for money

Not deserving success

[insert your limiting belief here]

These things can seem daunting to try to change. And even when you do make a real, consistent effort, inertia is often just too hard to overcome.

Luckily, there are a few steps you can follow in order to make the shift to new, more empowering beliefs.

Stop identifying with the belief. Most beliefs are so difficult to change because we identify with them. They seem to be ingrained as a part of who we are. And because we identify with them, we allow ourselves to be defined by them. If you think you're not creative, you'll see yourself as someone who just wasn't born with that ability. If you think you're bad with getting things to work, you might think you're just not a mechanical person. It's easy to get caught up in allowing our beliefs to define us, but they don't have to. So the first step is to stop identifying with or defining yourself based on what you believe.

Kill your conclusions. Whatever you think you know to be certain is probably a lot more flexible than you think. What you think to be required is certain to be much more negotiable. Question all of the conclusions you have about what you think to be true, fixed or possible.

Test your assumptions. Without pushing the boundary and testing your assumptions, it's impossible to move past your limiting beliefs. You need to do something to break the pattern of your limiting belief. Questioning is the first step, but if you only do that, the possibilities of moving to a more empowering perspective stay in your head. Some type of action must be taken that puts your conclusions to the test. Just make sure that you're not staying in the limited head-space that leads you to reinforce what you already hold to be true. Suspend your judgment and take some kind of action to test your assumptions.

It might seem simple, but these are the basic steps to moving past any limiting belief.

They're only part of it, though. In order to really integrate a new, more empowering belief, you'll need to spend time cultivating it. And it can help to go through a structured process to dissolve the limit.

I've developed a technique that helps you rip a hole in the fabric of your limiting beliefs so you can begin unraveling

the limit. Once it has dissolved, you can transform it into a powerful, self-enhancing belief.

You can download this free tool to help you overcome your limiting beliefs here.

It's called The Limit Erasing Technique. Magic wand not included. :)

If you think you could use some help moving past a belief that's been keeping you from getting the results you want, then this will definitely help.

It's time to say goodbye. Go here if you want to break your limits.

Limiting Beliefs

Explanations > Beliefs > Limiting Beliefs

What are limiting beliefs? | Why do we limit our beliefs? | So what?

What are limiting beliefs?

Limiting beliefs are those which constrain us in some way. Just by believing them, we do not think, do or say the things that they inhibit. And in doing so we impoverish our lives.

We may have beliefs about rights, duties, abilities, permissions and so on. Limiting beliefs are often about our selves and our self-identity. The beliefs may also be about other people and the world in general.

In any case, they sadly limit us.

I do/don't

We may define ourselves by what we do or do not do. I may say 'I am an accountant', which means I do not do marketing and should not even think about it, and consequently fail to sell my services well.

Another common limiting belief is around how we judge ourselves. We think 'I don't deserve...' and so do not expect or seek things.

I can't

We often have limited self-images of what we can and cannot do. If I think 'I cannot sing' then I will never try or not go to singing lessons to improve my ability. This is the crux of many 'I can't' statements: we believe our abilities are fixed and that we cannot learn.

I must/mustn't

We are bound by values, norms, laws and other rules that constrain what we must and must not do. However, not all of these are mandatory and some are distinctly limiting. If I think 'I must clean the house every day' then this robs me of time that may be spent in something more productive.

I am/am not

The verb 'to be' is quite a pernicious little thing and as we think 'I am' we also think 'I am not' or 'I cannot'. For example we may think 'I am an artist' and so conclude that we can never be any good at mathematics, or must not soil our hands with manual work.

'I am' thinking assumes we cannot change. Whether I think 'I am intelligent' or 'I am not intelligent', either belief may stop me from seeking to learn. 'I am' also leads to generalization, for example where 'I am stupid' means 'all of me is all of stupid and all of stupid is all of me'. A better framing is to connect the verb to the individual act, such as 'That was a stupid thing to do'.

When coupled with values we get beliefs about whether a person is right or wrong, good or bad.

Others are/will

Just as we have limiting beliefs about ourselves, we also have beliefs about other people, which can limit us in many ways. If we think others are more capable and superior then we will not challenge them. If we see them as selfish, we may not ask them to help us.

We often guess what others are thinking based on our 'theory of mind' and beliefs about them. These guesses are often wrong. Hence we may believe they do not like us when they actually have no particular opinion or even think we are rather nice. From our guesses at their thoughts we then deduce their likely actions, which can of course be completely wrong. Faced with this evidence, it is surprising how many will still hold to the original beliefs.

How the world works

Beyond the limiting beliefs above there can be all kinds of belief about 'how the world works', from laws of nature to the property of materials. This can lead to anything from the beliefs that all dogs will bite to the idea that aeroplane travel is dangerous.

Why do we limit our beliefs?

Experience

A key way by which we form our beliefs is through our direct experiences. We act, something happens and we draw conclusions. Often such beliefs are helpful, but they can also be very limiting.

Particularly when we are young and have few experiences we may form false and limiting conclusions. Nature builds us this way to keep us out of harm's way. We learn and build beliefs faster from harmful experiences. Sticking my finger on a hot stove hurts a lot so we believe all stoves are dangerous and never touch a stove again. If punching

another child results in a sound beating we may henceforth believe ourselves weak.

## Education

When forming our perceptions of the world, we cannot depend on experiences for everything. We hence read and listen to parents and teacher about how the world works and how to behave in it.

But our teachers are not always that well informed. We also learn from what peers tell us and are 'infected' by their beliefs, which may be very limiting.

Education is a double-edged sword as it tells you what is right and wrong, good and bad. It helps you survive and grow, but just because you were told something, you may never try things and so miss pleasant and useful experiences and knowledge.

## Faulty logic

In decisions, we make 'return on investment' estimations and easily conclude that the investment of time, effort and money is insufficient, and that there is a low chance of success and high chance of failure. The return may even be negative as we are harmed in some way.

People make many decision errors, for example based on poor estimation of probabilities. We take a little data and generalize it to everything. We go on hunches that are

based more on subconscious hopes and fears than on reality.

The word 'because' can be surprisingly hazardous. When we use it, it seems like we are using good reason, but this may not be so. We like to understand cause-and-effect and often do not challenge reasoning that uses the mechanisms of rational argument.

### Excuse

One reason we use faulty logic and form limiting beliefs is to excuse ourselves from what we perceive to be our failures.

When we do something and it does not work, we often explain away our failure by forming and using beliefs which justify our actions and leave us blameless. But in doing so, we do not learn and may increasingly paint ourselves into a corner, limiting what we will think and do in the future.

### Fear

Limiting beliefs are often fear-driven. Locking the belief in place is the fear that, if we go against the beliefs, deep needs will be harmed.

There is often a strong social component to our decisions and the thought of criticism, ridicule or rejection by others is enough to powerfully inhibit us. We also fear that we may be harmed in some way by others, and so avoid them or seek to appease them.

So what?

There is also the question of whether limiting beliefs are actually good for us and whether they keep us from harm. In practice some beliefs which limit us are actually valid beliefs which are worth keeping. The problem is telling the difference. The reality is that many of us err on the side of perceived (and not necessarily real) safety. Limiting beliefs are erroneous, being based on wrong 'facts' and so prompt us to treat things with undue caution.

So if you want to overcome limiting beliefs, first recognize them and then act to change what you believe.

### REALITY OF FEAR:

You're not scared of the dark.  
*You're scared of what's in it.*

You're not afraid of heights.  
*You're afraid of falling.*

You're not afraid of the people around you.  
*You're just afraid of rejection.*

You're not afraid to love.  
*You're just afraid of not being loved back.*

You're not afraid to let go.  
*You're just afraid to accept the reality that he's gone.*

You're not afraid to try again.  
*You're just afraid of getting hurt for the same reason.*

## limiting beliefs

What are limiting beliefs?

And how do they affect our lives?

A limiting belief is a false belief that a person acquires as a result of making an incorrect conclusion about something in life. For example a person could acquire a limiting belief about his ability to succeed as soon as he fails.

I am a loser, i am a failure or i cant succeed are examples of **limiting beliefs** that people collect throughout their lives.

### **The problem with limiting beliefs**

The biggest problem that limiting beliefs cause is that they force you to live below your potential. If there is a box that weights 10 kilograms but you believed that it weights 100 kilograms you might not even try to move it because of thinking that you can't.

The limiting belief in such a case prevented you from lifting the box even though you have the ability to lift it.

### **Where do limiting beliefs come from?**

I just said that people acquire limiting beliefs as a result of going through certain life experiences but do you know that you can acquire a limiting belief through a friend?

Back to the box's example. If a friend kept telling you that this box over there is very heavy and that it weights above 100 kilograms you might not try to lift it even though you didn't try it yourself!! In such a case you acquired the limiting belief from your friend and lived with a limited potential even though you never tested your power.

The media, our friends, our relatives and the people we come in contact with keep feeding us with limiting beliefs without our notice. In the Solid Self confidence program i said that some people live without self confidence just because they absorbed the limiting beliefs imposed on them by others!!

## How limiting beliefs affect behavior

In my previous article [How limiting beliefs affect behavior](#) i said that limiting beliefs force people to filter information according to their beliefs.

For example if you believe that you are a [boring](#) person then you will only remember those were bored of you while you will filter out all [compliments](#) you got.

After a while you might stop talking to people because of your limiting belief and that will make them think that you are really boring.

[Voila!](#) you just fulfilled the prophecy and made your limiting belief become true!!

## How to get rid of limiting beliefs?

So how to *get rid of limiting beliefs?*

Here is exactly what you should do:

- **Question the limiting beliefs:** If a friend told you that the box over there weights 100 kilograms ask him these questions 1) Did you try to lift it yourself? 2) who told you it [wights](#) 100 kilograms? 3) what is the prove?
- **The limiting belief might just be a point of view :** If your friend is physically weak then he might be saying that the box is heavy just because its too heavy for him and not necessary heavy for you. Limiting beliefs might just be the point of view of another people and not necessary facts
- **Try it yourself:** Try to lift the box yourself in order to seek your answers and to bust the limiting belief. If you didn't mangle to lift it just don't [give up](#) right away. Just search for anybody who managed to do it and ask him about

the right way. After all you might prove the limiting belief true if you weren't [persistent](#) enough to keep trying until you prove it false

### **Final words about limiting beliefs**

Limiting beliefs can prevent you from reaching your potential, succeeding in life and can make you miserable. One of the biggest differences between those who succeed and those who don't is the ability to locate and eliminate limiting beliefs.