

Freedom from Limiting Beliefs



Breaking the thought patterns that keep you stuck

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Every limit you experience in life is held in place by a belief. This session gives you powerful tools including Byron Katie's The Work, cognitive reframing, and EFT to identify, question, and dissolve the beliefs that no longer serve you.

Freeing Yourself from Limiting Beliefs

A belief is just a thought you have thought so many times it feels like fact. Every belief can be questioned and replaced.

My Top Limiting Beliefs

List the beliefs that most hold you back (e.g. "I am not worthy of love," "Success is not for people like me").

Byron Katie's The Work: Choose Your Most Powerful Belief

Write the belief here:

1. Is it true? (Circle: Yes / No)

2. Can you absolutely know it is true? What is your evidence?

3. How do you react when you believe this thought?

4. Who would you be without this thought?

Turnaround: Write the opposite of the belief. How might this be equally or more true?

Cognitive Distortions I Recognise in Myself

Tick any that apply, then note an example from your own thinking.

- ☐ All-or-nothing thinking
- ☐ Catastrophising
- ☐ Mind-reading
- ☐ Emotional reasoning
- ☐ Should/must statements
- ☐ Personalisation
- ☐ Discounting the positive
- ☐ Over-generalisation

My New Empowering Beliefs

Rewrite each limiting belief as an empowering truth. Start with "I am...", "I have...", "I deserve..."

Reflection Questions

1. Where did your most persistent limiting belief come from?

2. What has this belief been costing you in your life?

3. Which new belief will you practice most actively this week?

4. What is one action that would be impossible with the old belief but possible with the new one?

My Notes
