

# LIMITING BELIEFS WILL LIMIT YOUR CONFIDENCE

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## WHAT ARE BELIEFS?

Your beliefs are your hidden scripts that you act on consciously or unconsciously and fall into the following categories:

### **SECOND NATURE:**

The things you do without thinking about them.

*e.g. Checking for traffic before crossing the road, blowing on hot food, getting out of bed.*

### **YOUR ENVIRONMENT & COMMUNITY:**

The things you do because everyone else is doing them.

*e.g. Standing in a queue, social media, manners / behavioural traits passed on from parents.*

### **PAST EXPERIENCES:**

The things that have taught you if you like or dislike something.

*e.g. Eating / not eating particular foods, going on rollercoasters, entering into a relationship.*

### **YOUR DREAMS:**

The things you would like to happen.

*e.g. Bungee jumping, pursuing a career, going on a dating app.*

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We filter (delete, distort or generalise) information around us to support these beliefs, whether the beliefs serve us or not.

Our brain has a natural bias towards the negative, in order to protect us. So if we believe something negative about ourselves we will do all we can to support that belief. After all we are protecting ourselves!

**“What the thinker  
thinks, the prover  
will prove.”**

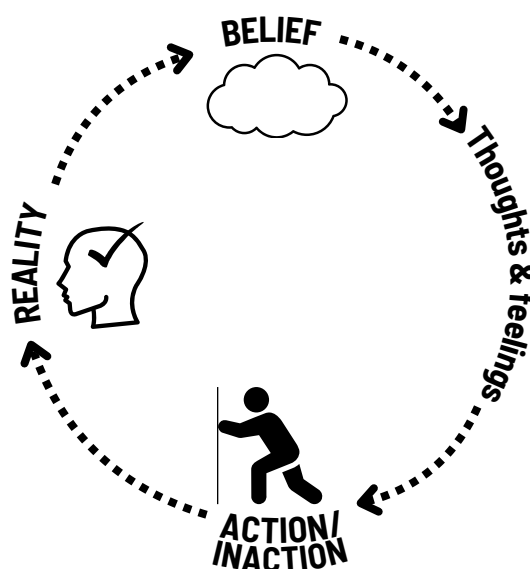
**Robert Anton Wilson**

## THE BELIEF CYCLE

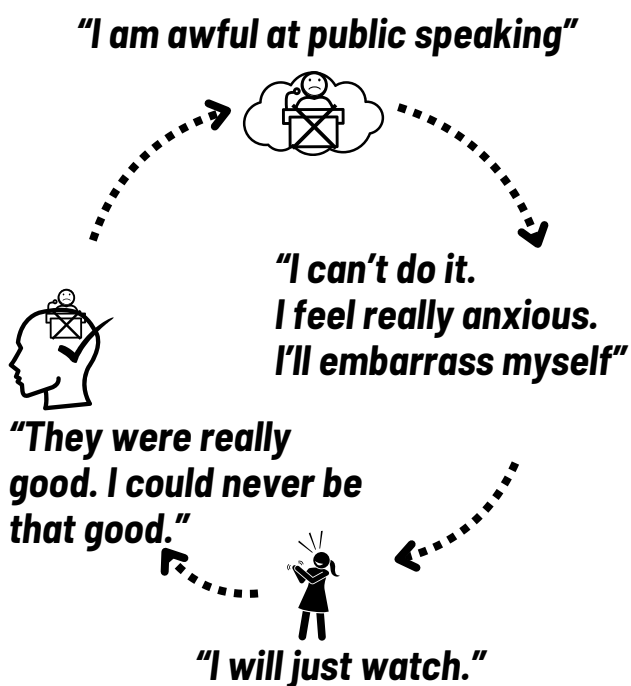
Your beliefs create your actions through the thoughts and feelings you have.

Repeated actions become habits so, if the actions you repeat are based on outdated beliefs, then the habits you create will limit your opportunities.

**These are your limiting beliefs.**



## EXAMPLE



Alex has a belief that they are awful at speaking in public.

(It comes from a class assembly when they were 14 when they had to present a speech on Henry VIII, which went pretty badly. They can remember the feelings of embarrassment and disappointment attached to that day. Whilst they may not have made the connection that a belief was formed then, those feelings still act as triggers that influence their behaviour.

Alex is offered the opportunity at work to speak to a group but they decline. It would be a great way to showcase their talents and expertise but they do not feel able to do it; they feel anxious and think they are going to embarrass themselves. They watch others speaking confidently and continue to avoid other opportunities to speak publicly believing that they could never do it as well as them.

The cycle continues.

**Your belief becomes your reality through action / inaction.**

## YOUR LIMITING BELIEFS

Think about some of the beliefs that you hold. Perhaps they are beliefs around your politics or your spirituality /religion. They could be beliefs about age or your ability and skills, or maybe about appearance.

List those beliefs in the left hand column below.

Then, in the right hand column, note down where you think those beliefs have come from, for example, your parents or caregivers, teachers, peers, society, politicians, media.

We will use this as the basis for some more detailed exploration of your beliefs in our forthcoming work together, so please bring this sheet with you.

<p style="text-align: center;"><b>YOUR BELIEF</b></p> <p><i>e.g. I am too old to change careers now.</i></p>	<p style="text-align: center;"><b>ORIGIN OF BELIEF</b></p> <p><i>e.g. My parents were thinking about retirement at my age now.</i></p>

***Feel free to add more on the reverse or in your notebook / journal.***