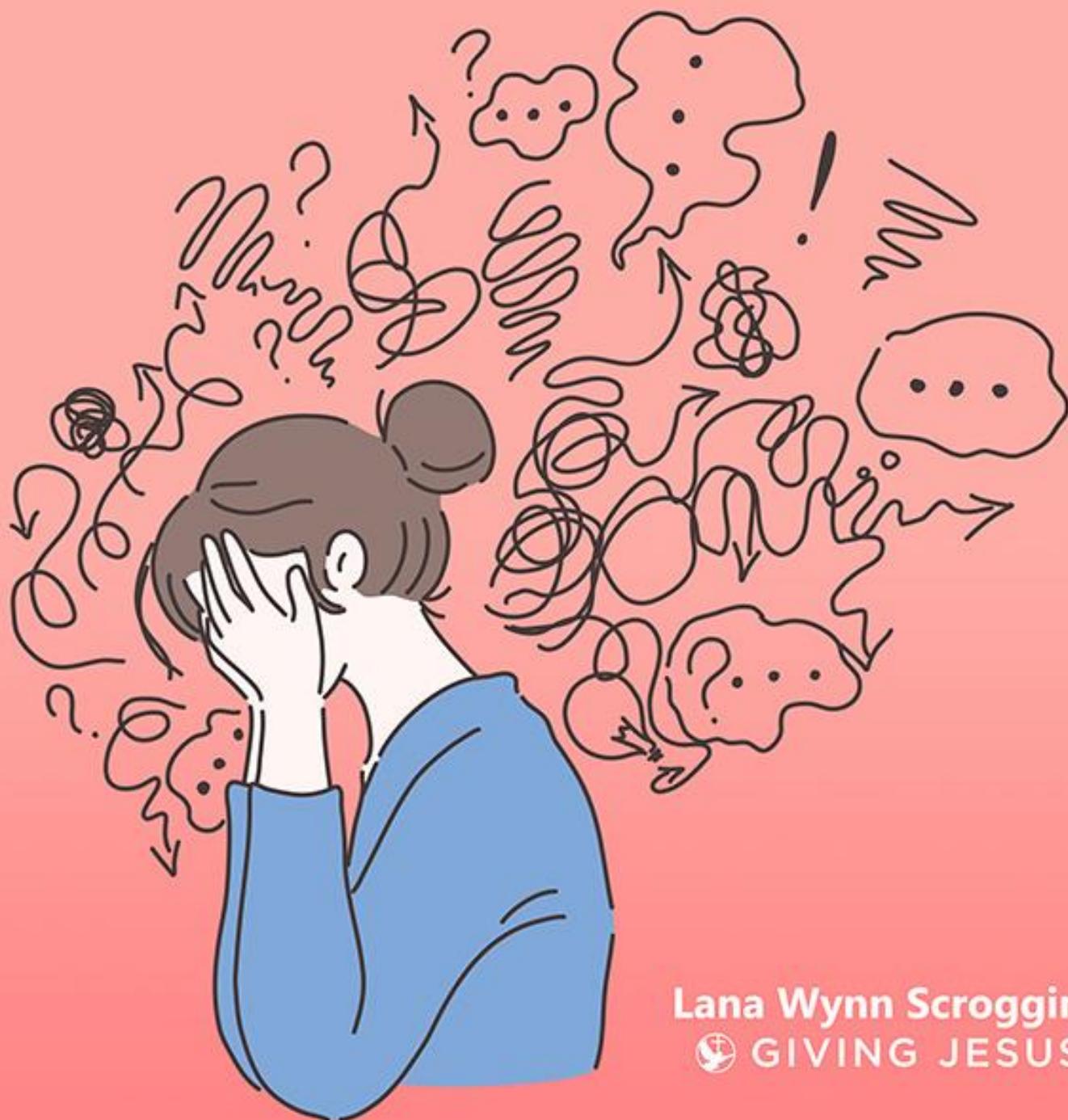


Self-Sabotage: Limiting Beliefs Holding You Back?

COULD YOU BE THAT "SOMETHING" THAT KEEPS GETTING IN YOUR WAY?

COMPANION WORKBOOK



Lana Wynn Scroggins
GIVING JESUS

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

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Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Table of Contents

Introduction

What Are Limiting Beliefs?

Types of Limiting Beliefs

The Origins of Limiting Beliefs

Identifying Your Limiting Beliefs

Overcoming Your Limiting Beliefs

Conclusion

Overcoming Limiting Beliefs Workbook

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

Introduction

Personal and professional growth is one of the top goals most people have. Reaching your goals and objectives can be hard, even with the best of intentions and hard work. Any number of things can cause setbacks and failures. Sometimes it seems like they happen for no apparent reason at all, however.

Has this ever occurred to you? You think you're on track and then suddenly something happens, or you do something you shouldn't do (and know better than to do) and the next thing you know, you've either failed or have ended up back at the starting point.

What's behind this sort of failure? It turns out that the primary cause is your own limiting beliefs. These beliefs sabotage your best efforts at reaching your goals. In other words, you cause these problems yourself, but not consciously. Your unconscious is the driving force behind it. In most cases, your conscious mind doesn't even realize what's happening!

How can this be? Your mind has two components: the conscious and the unconscious. The conscious mind is the source of your thoughts, your ability to use logic, your problem-solving abilities, everything that involves rational thinking. What about the unconscious mind?

It contains everything else, including your emotions, your imaginations, and your deepest fears. This part of the mind doesn't think in thoughts; it thinks in stories, in emotions, in pictures, and in simple rules, as the overriding goal of the unconscious mind is to keep you safe. This is the part of the mind that holds your limiting beliefs.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Introduction (continued)

What are limiting beliefs? They're stories about yourself and the world around you that your unconscious mind believes to be true.

It doesn't matter if they're true in the real world or not; your mind believes them to be true and will act accordingly. This can cause you to fail at achieving your objectives, sometimes repeatedly.

Don't think you have any limiting beliefs? Thank again. Every human being has them. They are ingrained in our minds, usually from childhood.

Limiting beliefs are rules we tell ourselves about how we must live and the things we must do, about who we are and the things we're capable of doing and the things we could never accomplish.

They are also the stories we believe about ourselves, about who and what we are.

If you try to do accomplish something that runs counter to one of your limiting beliefs without first acknowledging and confronting that belief, the chances are good that you will fail.

Your unconscious mind will make you fail to maintain the truth of your belief. It's not trying to cause you harm; quite the contrary, as the reason your unconscious brain created these beliefs in the first place is to keep you safe.

It just doesn't understand that these beliefs cause more harm than good.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Introduction (continued)

So, what are you to do, then?

Accept that there are certain things you can't do because of beliefs you hold in your unconscious? Of course not!

That's where this book and workbook come in.

The goal of this book is to help you understand what limiting beliefs are and how they are formed, and then to identify your own limiting beliefs and overcome them so that you can be successful in both your personal and professional lives.

The included workbook will also help you work through your limiting beliefs.

There are many obstacles on the road to success but limiting beliefs don't have to be one of them!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

What Are Limiting Beliefs?

When we are children, life is new, and the world seems full of possibilities. We feel like we can do anything. Children are naturally fearless risk-takers willing to try anything. Childhood is a time when we believe we can do and be anything. As we get older, our worlds become more circumscribed and we discover the limits of our abilities, both natural limits and those we impose on ourselves. These latter become our limiting beliefs.

At their core, limiting beliefs are stories that our unconscious mind believes to be true. The human mind runs on stories and has for tens of thousands of years. Some of these stories are good for us and some of them are bad for us. The stories behind our limiting beliefs fall firmly into the latter category.

Any story that holds you back can be a limiting belief. “I’m no good at math,” is one example. Another might be “I never get anything right,” and still another is “I’m horrible with relationships.” These are stories you tell yourself that your mind believes are true, but one of the key characteristics of limiting beliefs is that they aren’t objectively true.

Just about anyone can learn basic math, most people can succeed at reaching their goals if they try hard enough, and working on your relationships will make them better.

None of that matters if you have a limiting belief to the contrary. Your unconscious will make you fail the math test, quit before you reach the goal, or mess up your newest relationship beyond repair, all to make the belief stay true.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

What Are Limiting Beliefs? (continued)

Doesn't that sound weird? Why would your mind do something so contrary to what you want? Why would it trick you into doing something harmful?

Some people refuse to believe in limiting beliefs because they don't believe their minds would do that to them. But here's the thing: from the point of view of the unconscious, fulfilling your limiting beliefs isn't harmful.

In fact, as far as your unconscious mind is concerned, doing so is protecting you! That is, after all, its primary job, and if it could talk to your rational, conscious mind, it would ask what the problem is. "I'm just doing my job here, buddy. Why are you so upset?"

Your unconscious believes this because while limiting beliefs are maladaptive, they don't come out of nowhere.

They're a defense mechanism that comes from something that made you hurt or suffer in the past. Creating a limiting belief and enforcing it is the only way your unconscious mind has to protect you when you're a child.

It creates these beliefs to keep you from encountering the thing that hurt you.

When you physically hurt yourself, say by touching a hot stove, your brain responds by making a new rule: don't touch a hot stove.

A limiting belief is the emotional equivalent. It's the only protection mechanism your brain has access to during childhood.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

What Are Limiting Beliefs? (continued)

For example, if you had a hard time making friends as a child, your unconscious might have created the limiting belief “No one likes me” as a shield to protect you from the pain and suffering of rejection.

You’ve spent all these years avoiding relationships to protect yourself from being rejected again.

Of course, avoiding relationships also protects you from the benefits of relationships, such as companionship and affection, but the unconscious isn’t aware of those.

The benefits conferred by limiting beliefs are what psychologists call false benefits -things that appear on the surface to be beneficial but are really causing you harm.

Other limiting beliefs try to protect you from other forms of harm you’ve suffered in the past.

Anger, frustration, anxiety, and sadness are all common outcomes your brain tries to avoid when you trigger a limiting belief.

The result is behaviors and outcomes that leave the self-limiting belief (and the picture you hold of yourself) behind it intact.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

What Are Limiting Beliefs? (continued)

It may cause other problems such as procrastination, failure, etc., but your unconscious mind doesn't care as long as its beliefs remain intact.

That means it did its job and protected you.

This may seem confusing, but the main takeaway is that there are stories you tell yourself in your mind that you believe to be true, but that aren't objectively so.

These are your limiting beliefs.

Your goal, if you want to move forward in your life and succeed at your goals, is to identify these limiting beliefs and cast them out.

Only by overcoming them can you succeed. Is it easy?

No, but this book is here to help.

(Before going on, one important note: don't feel bad about having limiting beliefs. It's a natural part of being human. Every person has them. They're not something you should feel bad about. Just work to overcome them.)

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Types of Limiting Beliefs

There are hundreds if not thousands of different limiting beliefs out there. It would take days to list them all. Why are there so many?

Because there are so many people in the world, and while we all have certain things in common, we are all different too, and every person's unique personality and life experiences give them a different set of limiting beliefs. Some of these may be unique, held by only one person in the entire world, while others may be shared by millions.

Some limiting beliefs are so widespread they are almost universal -the fear of failure and the fear of success are two of the better-known examples.

Some people hold both beliefs simultaneously. Is it any wonder it's hard for many people to succeed when they hold such unhealthy, even contradictory beliefs about themselves?

Despite the variety in specific limiting beliefs, all of them can be placed into one of three categories: Limiting Beliefs About Yourself, Limiting Beliefs About Other People, and Limiting Beliefs About the World. A short description of each of these categories and examples of each kind of belief is below.

Again, remember that having limiting beliefs is natural and normal. They're nothing to be ashamed of; you just have to conquer your limiting beliefs to continue your personal growth, just like every other human being.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Types of Limiting Beliefs (continued)

Limiting Beliefs About Yourself

This is the largest category of limiting beliefs. Most of the limiting beliefs you or anyone else holds are going to be personal.

These are the stories you tell yourself about who you are and what you can and can't do.

Some of your stories are both true and healthy, even lifesaving; believing that you can't fly like Superman, for example, is a good thing if you want to stay safe! It's the unhealthy beliefs that are limiting.

Here are ten examples of personal limiting beliefs.

- *"I'm a loser."*
- *"No one likes me."*
- *"I'm not good at anything."*
- *"There's no way I can make it through this course/program/competition."*
- *"I'm not worthy of being loved."*
- *"I could never succeed at running my own business/writing a novel/my dream job/etc."*
- *"I'm terrible at writing."*
- *"I'm not (fill in the blank) enough to do this thing I really want to do."*
- *"I have to avoid rejection at all costs."*
- *"I'm too old/not old enough."*

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Types of Limiting Beliefs (continued)

Limiting Beliefs About Other People

Some limiting beliefs concern other people.

This is a smaller category than the first, but it's just as important, for these are the limiting beliefs that can hold you back from forming deep, lasting relationships with other people.

This applies to all kinds of relationships, not just romantic ones.

Your relationships with your friends and family can also be strained or ruined by holding this kind of limiting belief.

Here are some examples.

- *No one can be trusted.*
- *Everyone can be trusted. (It's a rare limiting belief, but just as unhealthy as its counterpart.)*
- *All people are greedy.*
- *Everyone is just out for themselves.*
- *All men/women just date to get sex.*
- *All the good men/women are taken.*
- *No one tells the truth.*
- *Everyone cheats on their partner.*
- *There are no good bosses left in the world.*
- *People don't really want a relationship.*

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Types of Limiting Beliefs (continued)

Limiting Beliefs About the World

The final category of limiting beliefs contains those about the world itself.

These are limiting beliefs about the way the world works, what it takes to be happy or successful, what social problems are really bad, and so forth.

These ten examples are just a small sample of the limiting beliefs that fall into this category.

- *There are too many bad things in the world today to be happy.*
- *Happiness today requires having a lot of money.*
- *No one can succeed in today's world.*
- *Success requires knowing the right people.*
- *It's impossible to buy a house today.*
- *There's too much competition for me to breakthrough.*
- *Money is always evil.*
- *The economy determines my success.*
- *The game has been so rigged, what's the point of trying?*
- *You have to cheat your way to success.*

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Types of Limiting Beliefs (continued)

You'll notice that many of these examples of limiting beliefs might cross over from one category to another.

That's normal, as many beliefs involve more than one thing or more than one set of values.

Some limiting beliefs may also be placed in one category or another depending on the direction of the belief -i.e., whether it's directed inward at yourself or outward at the world or other people.

For example, "I'm not worthy of love" is a personal limiting belief, while "There's no one out there I'd like enough to date," is a limiting belief about other people.

Limiting beliefs about money are another example that can fall into either category or multiple categories.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

The Origins of Limiting Beliefs

As mentioned before, most of your limiting beliefs developed during childhood. Your beliefs about yourself, the world around you, and other people form naturally as you develop psychologically and gain life experience.

Some of these beliefs will be healthy and others will become limiting beliefs. Children learn they are worthy of love, belonging, and acceptance if they're treated as such. These are healthy beliefs.

On the other hand, children who are abused and/or neglected tend to develop the limiting belief that they're unworthy of these things.

This is a rather serious example, but other limiting beliefs form the same way. A child who is repeatedly told they are not good at math may develop the limiting belief "I'm not good at math."

(Another important note: Dealing with your limiting beliefs isn't about blaming anyone for them. Most limiting beliefs form just because of the way the brain interprets input. Even someone with a perfect childhood will reach adulthood with some limiting beliefs. There's no need to cast blame except in extreme cases. Even then, it's still going to be up to you to do the work to overcome your ingrained limiting beliefs.)

Why does your brain develop limiting beliefs? Why doesn't it just process events as a one-time thing you can learn lessons from to apply in the future? It happens because your brain isn't fully developed during childhood.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

The Origins of Limiting Beliefs (continued)

You're born with a complete, fully developed unconscious mind, but your conscious mind isn't fully developed until adulthood. It grows and develops along with you.

Your physical brain doesn't reach its adult size until sometime in your teens and doesn't fully develop until the early 20s, and neither does the conscious portion of your mind.

This means that children are incapable of properly interpreting and processing events that happen to them. All the brain of a young child can do is form simple rules -don't touch that hot stove or you'll get burned again! Don't talk to those kids over there or they'll make fun of you just like the last ones did!

Young children aren't even capable of determining what in their world is real and what is make-believe, which leads to even more hazy conclusions.

Let's say something happens to a child, Situation A. It could be good or bad; both have the same effect on the brain.

The child experiences the situation and interprets it as well as possible, then comes to an unconscious conclusion and files it away as a thought or an emotion. Was it real? Was it fantasy?

Was it somewhere between the two? Did the child handle it appropriately? The child doesn't know enough to ask these questions, much less to answer them!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

The Origins of Limiting Beliefs (continued)

Whenever the child encounters Situation A or something like it again, the memory of the first encounter will arise and the child will act on the stored interpretation.

If the original interpretation was strong enough, it becomes a belief, and the child acts on that belief each time Situation A is encountered in the future.

This can lead to a lifetime of responding to an event the same way you did when you were five!

Both thoughts and emotions can give rise to beliefs, healthy and limiting alike, but emotions are by far more likely to do so. Why?

Because humans are feeling creatures and emotions get locked into the human psyche far more thoroughly than thoughts.

That's why when it comes to overcoming your limiting beliefs, dealing with the emotions behind them is just as important as dealing with your thoughts around the belief if you want to succeed.

Possibly more so, in the case of the strongest limiting beliefs.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

The Origins of Limiting Beliefs (continued)

The fear of failure is one of these latter. “I can succeed and even if I don’t, it’ll be okay,” is easy enough to think and even to mean when you’re an adult, but it’s not as easy to deal with the white-hot pain and shame the fear of failing and being publicly humiliated creates in your gut.

This is especially the case when it’s tied to a previous event in your childhood.

You might be forty instead of eight, but if your second-grade classmates humiliated you in public when you failed at something, it’s the shame and pain of that first failure behind your grown-up fear of failing again.

The tendency to create limiting beliefs diminishes as you reach adulthood.

Once your brain is fully developed, you’re much less likely to develop new limiting beliefs because you have a rational mind that can process things, interpret them accurately, and come up with an appropriate response.

But by that time, the damage has been done, and your limiting beliefs have been formed.

It’s up to you to identify what they are and to overcome them.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Identifying Your Limiting Beliefs

The first step in overcoming your limiting beliefs is to identify them.

After all, you can't solve a problem until you've properly defined it! There are several methods you can choose from to help identify your limiting beliefs.

One thing they all have in common is that they require self-reflection and a willingness to challenge yourself and your mind. These are two of the most common methods for identifying your limiting beliefs.

Method 1: Belief Assessment

This method involves examining your beliefs (and your emotions) around particular topics to see what you can uncover. It requires your workbook, a pen, and some quiet time. If you run out of space in your workbook, switch to a regular notebook.

Step 1: Pick a Topic

Pick a topic from any of the three categories described above. Don't try to do an entire category at once; that's too broad. Start by choosing which category you want to begin your journey with, and then select a smaller topic, such as family, romantic relationships, success, failure, money, etc.

Write this topic in your workbook.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Identifying Your Limiting Beliefs (continued)

Step 2: Write Down Your General Beliefs About It

Start with your strongest beliefs about the topic. For example, if you're working on limiting beliefs about money, write down the first, strongest belief that comes to mind when you think about money.

Once you finish the list, assess it. Are all of these beliefs healthy? Are some of them toxic or limiting? This might be all you need to do to uncover many of your limiting beliefs, but some of them are tricky and like to hide. Move on to step 3 to find these.

Step 3: Assess the Validity of Your Beliefs

Look at the list you developed in step 2. Is everything on the list accurate? Is that really how you feel? Do a gut check with your emotions on this topic. Some of our limiting beliefs like to hide under the veneer of rationalism.

For example, using money again, if you wrote "Money is great! It lets me do what I want!" but the first thing you feel when you think about money is disgust, well then you've just discovered a discrepancy that hides a limiting belief. You need to examine these feelings more to uncover what the limiting belief is.

Repeat this three-step process as needed with other topics to discover the rest of your limiting beliefs.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Identifying Your Limiting Beliefs (continued)

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Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Method 2: Behavior Assessment

You've certainly heard the phrase "actions speak louder than words." Well, sometimes behavior is a more accurate indicator of what you truly believe than the thoughts you think with your conscious mind.

This method is used to ferret out your limiting beliefs based on your actions around a topic. You will again need your workbook, pen, and quiet time for reflection.

Step 1: Pick a Topic

As in the first method, you need to pick a topic before moving on.

Select one topic from any of the three categories.

You will have the fastest success if you pick a topic that you know you have trouble with. If you have trouble maintaining relationships or managing money, you should probably start there.

If that's too emotionally charged, pick another topic that you know you have limiting beliefs about but that isn't so emotionally difficult.

Write the topic in your workbook.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step 2: Examine Your Past Behavior Looking for Toxic Examples

You don't want the times when everything went well when you acted correctly and made all the right decisions. No, here you're going to be looking for just the opposite.

You want the times when you failed, when you acted badly, when you embarrassed yourself, or when you were toxic.

This is the hardest part, but it's important to be honest with yourself if you want to succeed in overcoming your limiting beliefs. Write these incidents down in your workbook.

Step 3: Look for Patterns and Limiting Beliefs

Now look for patterns in the data. What do all these things have in common? Did you reject or break up with multiple partners before they could do the same to you? That indicates a fear of rejection.

Do you tend to spend money as fast as it comes in, without regard to the future or paying your bills? That indicates a limiting belief around money. The same analysis can be performed with any topic.

Compare the list you've created with the examples of limiting beliefs discussed earlier and see if you can put your own limiting beliefs into words.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Finally, repeat this method with other topics until you've discovered several of your limiting beliefs.

You might not find all of them at once, and that's okay. This is a journey, not a set process, and you may repeat the steps as often as you need or want no matter where you are in life.

You don't have to worry about finding all of your limiting beliefs at once - believing that you can is in itself is a limiting belief!

Remember, no matter what you discover about yourself, no matter what your limiting beliefs are, they are a natural part of being human. Everyone has them. You're working to overcome yours, which makes you ahead of the game.

Once you've discovered what at least some of your limiting beliefs are, you're ready to move on to the next step, which is the process of overcoming those limiting beliefs.

You don't have to work on overcoming all of them at once; that would be incredibly difficult, if not impossible. Just pick one or two at a time to start with. It can be difficult to overcome your limiting beliefs, but it's worth the effort, and the personal growth you achieve along the way will lead you to live your best possible life.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs

Identifying your limiting beliefs is only the first step to overcoming them.

While it may have been difficult, it was the easiest part of the process.

Now it's time for the hard work -working to get over those beliefs.

The steps below are a simple guide to doing this.

Don't expect this process to be a one-time thing; it'll take multiple cycles through this process to overcome most of your limiting beliefs.

It might even take more than one trip through to overcome each individual belief.

Don't let this discourage you! It's normal.

If you get stuck in this process or encounter unusually sticky situations, consider consulting a licensed mental health counselor who can help you with the process.

That's what they do, after all, and sometimes it takes an outside viewpoint to help you get unstuck!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step One: Recognize That Your Limiting Belief is Just That - A Belief

This belief you're working on is simply a belief and not a law of the universe. It's something your mind holds to be true. Beliefs are not the end-all of everything. All beliefs are mutable, not fixed; they can be changed. Who has the power to change them? You do, of course!

This is particularly true for beliefs you hold about the world and other people. Start going out and meeting new people who are radically different from those you know. Spend some time getting to know them.

Travel to a different area or region if possible. Compare these people to the beliefs you hold about other people in your mind. Chances are you're going to experience some cognitive dissonance as you realize the belief you hold doesn't align with the people you just met.

You can do the same with limiting beliefs about the world. Meeting new people and having new experiences is one of the best ways to expand your mind and challenge your existing belief systems.

Try new things, go new places, and watch your view of the universe expand accordingly. This step alone may be enough to overcome some of your less strongly held limiting beliefs about other people, but most of your limiting beliefs are going to take more work.

The ones that are going to take the most are those you hold about yourself.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Two: Ask Yourself If the Belief Is True

Look at the limiting belief and assess the truth of it, honestly, brutally.

This step is particularly necessary for limiting beliefs about yourself.

Look at the limiting belief “I’m unlikeable” as an example.

Is this belief objectively true? Is there nothing about you that’s likable?

Chances are that there are plenty of things about you that are likable.

Take out your trusty workbook. Open it up so that you have two pages facing you. Write the limiting belief on one side of the page.

Write down all the evidence for it being true underneath it.

Next, write all the evidence against it on the other side of the page.

Again, be brutally honest. When you’re done, look at the two pages.

You should have far more items on the right-hand side than on the left-hand side. Is that limiting belief true? Obviously not.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Three: Recognize How the Limiting Belief Has Helped You and Thank It

Recall that limiting beliefs don't come out of nowhere.

They come from experiences we had as children, and they stick around to protect us. They are defense mechanisms created by our unconscious to keep us safe from harm.

How has the limiting belief you're currently working on helped you in your life? What has it been protecting you from? You're looking for the "false benefits" described earlier.

If the limiting belief you're working on is a fear of rejection, for example, it's been protecting you from the pain, shame, and embarrassment that accompanies being rejected. This is as true if you're afraid of romantic rejections as it is if you're afraid of a publishing house rejecting your deeply beloved novel.

The limiting belief prevents you from acting on your desire to protect yourself from experiencing the effects of a negative outcome.

Once you recognize this, thank the limiting belief for its help.

That may sound silly, but this belief has been a big part of your life for many years, if not for decades. It's something your brain put into place to protect you. Thank it for its hard work -and let it go.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Four: Identify the Emotion(s) Underlying the Limiting Belief

Humans don't really think in words. The human brain puts things into words to express them to other people and to the rational side of itself, but what it actually thinks in are pictures and emotions.

(This is why stories are so appealing.) Each of your limiting beliefs has an emotion underlying it. You need to identify what that emotion is so that you can work through it and move on.

This is important because your limiting beliefs will tend to resurface multiple times before they are fully extinguished.

Sometimes identifying the emotion(s) will be easy. If you're working with a fear of rejection, for example, the strongest underlying emotion is going to be fear. In fact, fear is the underlying emotion in many limiting beliefs.

This is because your brain sees fear as a sign of danger and acts to protect you from it.

It doesn't matter if the fear comes from a tiger attack or the chance of someone rejecting you for a date; the brain can't differentiate the two during childhood and reacts the same way to each one.

The result in the former case is a healthy fear of tigers, but in the latter case, it can be a limiting belief around rejection.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Four: Identify the Emotion(s) Underlying the Limiting Belief (continued)

In other cases, the emotions behind your limiting beliefs might not be so obvious.

If you have limiting beliefs around money, for example, what are the emotions behind those? Perhaps it's also fear; that can happen, but other emotions are more common in this case, such as guilt, envy, shame, and disgust.

If these are emotions you hold around money, it's important to identify them and work through them before you'll overcome your limiting beliefs.

You'll never be able to have a healthy relationship with money if just thinking about it disgusts you.

If you find the emotions behind some of your limiting beliefs to be especially intractable, or if they're overwhelming, again seek the advice of a licensed mental health professional.

A good counselor can help you get to the root of your problem and deal with the emotion.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Five: Identify the Negative Consequences of the Limiting Belief

You've identified the belief, how it helps you, and the emotions underlying it.

Now what?

Identify the negative consequences of continuing to hold onto this limiting belief.

If the limiting belief is a fear of rejection, you may never find a romantic partner or land your dream job if you don't overcome it.

If it's a limiting belief around money, you may never be financially stable. And so on.

Write these consequences down and study them.

The goal of this step is to convince first your conscious mind and then your unconscious mind that holding onto these beliefs is more damaging than helpful.

Your unconscious mind isn't rational but remember that its primary goal above all else is to keep you safe from harm.

Convince it that you'll be harmed by not changing your limiting beliefs, and you're halfway to overcoming them.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Six: Reframe the Limiting Belief

Write down the limiting belief you're currently working on. Next, write down an opposing belief that you can replace it with.

You can write down several alternatives until you find one you like.

For example, if you're dealing with a limiting belief around success that says you can't succeed, you might write down things such as "I can succeed," "I can succeed through hard work," "I have had success before and I will succeed again," or "Success will be mine." Even a simple "I can do this" can be extraordinarily powerful.

Once you've selected a new belief, turn it into a mantra.

Repeat it to yourself over and over and over again.

Do it all the time, both when you're facing something that brings up the limiting belief and just in daily life.

Write it on sticky notes.

Put it on the background of your computer.

Make it such a part of your daily life that you see it all the time.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Seven: Act as if the New Belief is True

Take conscious actions as if this new belief is the true one.

Be prepared for resistance -your brain is going to throw up the old, limiting belief in your way when you do this.

Repeat your new belief and continue taking actions as if it is true.

This is a scary part of the process that's going to create a lot of rebellion in your unconscious.

You might even get physically sick the first few times you do this. If you fail, that's okay -remember this is a journey!

Pick yourself up, dust yourself off, and try again.

You will have to do this several times to fully kill off the old belief. It will resurface multiple times, sometimes when you least expect it.

Again, this is normal. Beliefs take time to die.

Every time the old belief comes back, it'll be easier to ignore and defeat than it was the time before. Just keep trying. You'll get there.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Your Limiting Beliefs (continued)

Step Eight: Repeat With Your Other Limiting Beliefs

It might seem exhausting to go through this whole process with each one of your limiting beliefs and it is, but the good news is that you don't have to do it all at once.

You have a lifetime to work on fixing your limiting beliefs.

Start with one; take your time, and then move on to others.

As you overcome each of your limiting beliefs, you'll start to reap the benefits and want to do the work to overcome the others.

You might even want to accelerate the process.

It'll become a self-reinforcing feedback loop and you'll look forward to doing the work!

See the workbook at the back of the book for more help on overcoming your limiting beliefs.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back?

Workbook

Conclusion

Everyone has limiting beliefs.

It's a natural and normal part of being human. You formed these beliefs in childhood when your brain wasn't developed enough to properly process and interpret the events going on around you. Your brain created your limiting beliefs to keep you safe.

The primary objective of your unconscious is to keep you safe from harm, and it can't distinguish between one-time emotional harm and lasting physical harm.

When you're a child, your rational brain isn't developed enough to tell the difference either. So, your brain reacts the same way to hot stoves and childhood taunts.

It's not your fault you developed these beliefs, and it's usually not the fault of anyone else; everyone has them, after all. It's what you do now that you know about your limiting beliefs that makes the difference in your personal growth and success in life.

If you take the time to identify and overcome your limiting beliefs, you will experience growth and fulfillment you've never even imagined. It's a lot of work, but it's certainly worth it.

The decision is yours. Your future is in your hands. Start today!

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook

Identifying Your Limiting Beliefs

Method 1: Belief Assessment

1a.) Which category of limiting beliefs do you want to work on?

1b.) What topic are you going to work on?

2.) Write down your beliefs about this topic.

3.) Are these beliefs accurate? Are they valid? What emotions do they bring up? Are there any discrepancies between the beliefs you wrote down and the way you feel about the topic?

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Identifying Your Limiting Beliefs – (continued)

Method 2: Behavior Assessment

1a.) Which category of limiting beliefs do you want to work on?

1b.) What topic are you going to work on?

2.) Describe times you exhibited toxic behavior around this topic. Use as much detail as you can.

3.) Look for patterns in the data. Do you see anything in common between the events? What limiting beliefs can you discern from the patterns?

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Overcoming Your Limiting Beliefs

Exercise: Is This Belief True?

What limiting belief are you working on?

Write down any evidence that it's true.

Write down any evidence that it's false and compare the two.

Could You Be That "Something" That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Overcoming Your Limiting Beliefs

Exercise: How Has This Limiting Belief Helped You?

What limiting belief are you working on?

How has this belief helped you and kept you safe?

Thank the belief for its work and let it go.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Overcoming Your Limiting Beliefs

Exercise: Identify the Emotions Underlying the Limiting Belief

What limiting belief are you working on?

What emotions lie behind this belief? Use the chart below to help you if you need it.

Anxiety	Horror
Awkwardness	Sadness
Boredom	Anger
Calmness	Shame
Confusion	Pity
Disgust	Despair
Envy	Embarrassment
Fear	

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Overcoming Your Limiting Beliefs

Exercise: How Has This Limiting Belief Helped You?

What limiting belief are you working on?

List some negative consequences that will occur if you continue to hold it.

Could You Be That “Something” That Keeps Getting In Your Way?

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

Overcoming Limiting Beliefs Workbook (continued)

Overcoming Your Limiting Beliefs

Exercise: Reframing Limiting Beliefs

What limiting belief are you working on?

Write down at least five alternative ways to reframe this belief.
Circle the one you likes best.

Self-Sabotage: Limiting Beliefs Holding You Back? Workbook

About the Author



Originally from Harrison, Arkansas. Lana graduated from Ouachita Baptist University with a BA degree in physical education. She worked with many families during the years as a helper and nanny for many children. She has a heart and love for children. She worked as a physical education teacher at Faith Christian School for a year when she moved to Port St. Joe.

After many years of working with children, while living in Port St. Joe, she went back to school and graduated from Kaplan University with her BS degree in information technology and her MS degree in information technology. She also received her PhD in information technology with a specialization in IT education.

Today Lana resides in a small coastal community, loves living by the water and walking on the beach. Her days are centered on her faith, her business www.givingjesus.com and writing her books. Her favorite pastime is coloring and creating her craft projects.

Her favorite quote to live by is “Every strike brings me closer to the next home run” (Babe Ruth).

www.givingjesus.com

Could You Be That “Something” That Keeps Getting In Your Way?