

## **Understanding How Your Limiting Beliefs Are Formed**

If we want to identify how limiting beliefs find their way into our lives it is helpful to ask questions like:

1. How did I form this particular belief?
2. What is the reason I have held onto this belief so long?

Understanding how we came to believe the things we do, will give us insight into how we can work through them more effectively. Very often Limiting beliefs are linked to childhood memories and experiences that were of emotional significance to us at the time. They may or may not serve us in a beneficial way any longer.

Uncovering these memories can help us let go of outmoded and outdated beliefs that hold us back by binding us to rules that do not have the same value any longer. It may force us to investigate areas that we find uncomfortable or difficult from our past. Many times, those beliefs kept us safe or out of harm, so tread lightly. It may even become necessary for us to forgive others and ourselves to progress through to the place we can remove and replace those limiting beliefs.

One especially important reason to search out and identify the origin of limiting beliefs is because they are unconsciously supported by psychological rules or references. By understanding the origins of your limiting beliefs and the references that support those beliefs, you equip yourself with enough knowledge to identify and replace the beliefs as well as the rules that are not serving you. You can ask yourself these questions to assist you in...

### **Identifying Your Beliefs**

1. What are the references that support this limiting belief?
2. Take a close look at the knowledge supports this belief?
3. What are the life experiences that support this belief?
4. What are the emotional experiences that support this belief?
5. How have I managed to hold this belief over the years?
6. What things about this have I imagined might happen?
7. What things do I imagine will happen?

### **Identifying the References**

Many times, we use references that are imagined. Things we believe may happen, or could happen, etc. Lots of what we use as references for our beliefs are imagined occurrences that we have concocted in our imaginations that have no real basis in reality. Not to mention some of our references for our foundational beliefs are based on false knowledge, misgivings, or assumptions of others.

## AARON JARRELS

While there may be some references that are based on real-life experiences, our brains over time have a natural tendency to distort past experiences to protect us from painful experiences both real and imagined. Therefore, much of what we “remember” and think happened to us in the past, may not have actually-happened the way we remember it.

For this reason, it may become necessary for us to talk with others who were there to see if they have conflicting recollections of what happened. But there too, take their “memory” with a grain of salt.

Replacing the limiting beliefs takes focus and determination. It can be accomplished by using the skills you learned in the workshop such as visualization, affirmations, and continual support.