

Limiting Beliefs

Limiting beliefs are mindsets that we have of ourselves and others that negatively impact us. The stronger the belief, the more evidence we seem to find to support them, despite the fact that these beliefs are lies and the mindsets are strongholds. Such beliefs are formed unconsciously based on our life experiences, how we internalized our experiences, as well as the spoken and unspoken lessons learned from the adults/leaders in our lives. Strongholds are formed when we ruminate on these beliefs in our minds after we have decided (agree) they must be true. The challenge is that holding on to limiting beliefs prevent us from taking action, discerning correctly, hearing the Lord, and from walking in our God-given purpose. Working through your limiting beliefs can have a profoundly positive impact on your self-worth, confidence and personal empowerment. The exercise is based on the work of Byron Katie'. Simply identify a belief that is holding you back, and then work through the questions to discover the truth or falsity of your fearful thoughts. Use the process to uncover the lies of the limiting belief, and ultimately renounce it, repent of it, and let it go. I recommend working through this worksheet slowly, taking pauses as needed. You might like to close your eyes to go deeper. Just relax and observe what comes up.

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What is the belief you wish to work on? (For example, I' am not good enough, my partner doesn't care about me, my family doesn't approve)

Is it true? Is it really true? Can you absolutely know for sure it is true, or do you just believe it to be true based on past experiences?

What is the payoff? What are the benefits of you holding on to this belief? How does it serve you?

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What is the cost? How does it alter who you are? How does it affect your behaviors? How does it impact on your attitudes?

What behaviors or addictions does it invoke?

How do you treat yourself and others when you think it?

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What other fears does it spark?

Does this thought bring peace or stress into your life?

Can you see a stress-free reason to hold onto the belief?

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Can you see a reason to drop this belief?

Who would you be without that thought?

Now turn the belief around, in terms of a positive message. If your belief was: 'I can never make enough money'; then the new thought becomes: 'I can always make enough money.'

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Is your new thought as true, or more true than the original belief?

If you lived this new thought, what would you do differently?

Now that you' have completed the worksheet you can begin to become unstuck from mindsets, patterns of thoughts, and old habits that have been holding you back in life. You can use this worksheet over and over again, for as many different limiting beliefs as you like. If you have any questions or wish to work through limiting beliefs individually, please do not hesitate to contact me at contact@mattayehovah.org



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