

# Moving Beyond Fear & Limiting Beliefs Worksheet



Fearful thoughts and limiting beliefs are causing stress or thwarting you in some area of your life. Despite this reality, most people find it difficult to stop or change habitual thoughts that keep them "stuck."

The simple process on these pages can help you eliminate fearful thoughts and limiting beliefs in your life. It allows you to explore your fearful thoughts and limiting beliefs in such a way that they simply loosen their grip on you. Answer a series of questions to discover the truth or falsity of your fearful thoughts and limiting beliefs, and allow you to move on. Briefly, the process follows below. Use the worksheets on the following pages to "plug in" this process and let loose of your fear or limiting belief.

- 1) Identify a fearful thought or limiting belief that is particularly stressful or judgmental for you. Don't just list something that's fairly innocuous; list a thought or belief that you know holds you back in some way.
- 2) Is it true? Is it really true? Ponder it in terms of how you can absolutely know it is true, as opposed to believing it's true because of past programming or someone else's perspective.
- 3) What is the payoff? That is, what benefit(s) do you get from holding onto this belief, or how does it serve you?
- 4) What is it costing you to believe that thought? How do you react when you think that thought or belief? How does it alter your attitude, or who you are? What do you think, how do you feel, what images come to mind when you believe it?
- 5) Who would you be without that thought? Try to imagine as vividly as possible what life would be like if you could literally not think this thought or belief anymore. How would your life be different?
- 6) Now turn the thought or belief around, in terms of a positive message. If your thought was "I can never make enough money," then the thought becomes "I can always make enough money." And then ask yourself if that new thought is as true as or truer than the original one.

## Personal Worksheet

- 1) Write your fearful thought or limiting belief below:
  
- 2) Is it true? \_\_\_\_\_ Yes \_\_\_\_\_ No
  
- 3) Can you absolutely know that it is true? \_\_\_\_\_ Yes \_\_\_\_\_ No
  
- 4) How do you react when you think that thought (or believe that belief)?
  - How do you feel?
  
  - What emotions does it spark?
  
  - What do you say or do?
  
  - What specific fears does it spark?
  
  - What are your body sensations?
  
  - What are your facial expressions?
  
  - Does it trigger stress?
  
  - What past actions / behaviors / images does it evoke?
  
  - How do you treat others when you think it?
  
  - How do you treat yourself when you think it?
  
  - What other thoughts / beliefs does it spark?
  
  - How does it affect your opinions / point of view?

5) What is the payoff / benefit from holding onto this thought / belief? To your...

- Self-esteem
- Integrity
- Body / health
- Relationships
- Job / business
- Finances
- Creativity
- "Aliveness"

6) What is it costing you to believe that thought? In terms of your...

- Self-esteem
- Integrity
- Body / health
- Relationships
- Job / business
- Finances
- Creativity
- "Aliveness"

7) Does this thought bring peace or stress into your life?

8) Can you see a stress-free reason to keep that thought?

9) Can you see a reason to drop this thought or belief?

10) Who would you be without that thought or belief? In terms of...

- Self-esteem
- Integrity
- Body / health
- Relationships
- Job / business
- Finances
- Creativity
- "Aliveness"

11) Now turn the thought or belief around. Capture a positive message below that is the opposite (or near opposite) of your fear or limiting belief:

12) Is this new thought as true as or truer than your original statement? \_\_\_\_\_ Yes \_\_\_\_\_ No

13) Where is there evidence of this new thought in your life now?

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

15) Do you see any other related new thoughts that seem as true or truer?