



LIMITING BELIEF BREAKING QUESTIONS

1. Start with your limiting belief.
2. Ask yourself: is it true?
3. Can you absolutely know that it's true?
4. What happens when you believe the thought?
What do you do or not do? How do you treat yourself & others? What is the benefit? How much is this belief costing you? Does the thought bring you stress or peace?
5. What is the root of that thought?
6. Process emotional energy in the body by being present with it.
7. Reparent/do forgiveness work/bring younger parts to a safe place (What did you need at that time?).
8. Who would you be without this belief?
9. Create a turnaround & find 3 examples.
10. "I forgive myself for buying into the belief: _____. The truth is: _____. "
11. What action step do you need to take next based on your new truth? Set an intention to take it.
12. Put the new thoughts on repeat by creating an affirmation around it. If your limiting belief pops up, use your affirmation/new truth to prove it wrong.