

REVERSING A LIMITING BELIEF

The short and long version

Example: “Paul doesn’t listen to me”

THE FOUNDATION

(Go straight to the Four Questions.)



EMBRACE THE FEELING

Picture the situation and deepen your feeling of the thought from different perspectives using the Judge-Your-Neighbor Worksheet.

- 1

In this situation, time, and location, who angers, confuses, or disappoints you, and why?

Example: I am angry with Paul because he doesn't listen to me about his health.
- 2

In this situation, how do you want them to change? What do you want them to do?

Example: I want Paul to see that he is wrong. I want him to stop smoking. I want him to stop lying to me. I want him to see that he is killing himself.
- 3

In this situation, what advice would you offer to them?

Example: Paul should take a deep breath. He should calm down. He should see that his behavior frightens me. He should know that being right is not worth another heart attack.
- 4

In order for you to be happy in this situation, what do you need them to think, say, feel, or do?

Example: I need Paul to hear me when I talk to him. I need him to take care of himself. I need him to admit that I am right.
- 5

What do you think of them in this situation? Make a list.

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.
- 6

What is it in or about this situation that you don't ever want to experience again?

Example: I don't ever want Paul to lie to me again. I don't ever want to see him smoking and ruining his health again.

Inquire **EACH** of the above answers and using the Four Questions and the Turnarounds.

THE FOUR QUESTIONS

- 1

Is it true? (Yes or no.)
- 2

Can you absolutely know that it's true? (Yes or no.)
- 3

How do you react, what happens, when you believe that thought?
- 4

Who would you be without the thought?

(That's it. You're done.)

TURN IT AROUND

Find at least 3 genuine, specific examples, that are true or truer. You'll notice it will all come back to you, using this mirror.

- a.

To the self. (3x)

Example: I don't listen to myself about my health.
- b.

To the other. (3x)

Example: I don't listen to Paul about his health.
- c.

To the opposite. (3x)

Example: Paul does listen to me about his health.

Nice! You reversed it and created an empowering belief.