

# LIMITING BELIEFS



by Emily Matweow

# Limiting Beliefs

Limiting Beliefs. We all have them – the internal narratives that tell us what we can or can't do, who we can or can't become. Limiting beliefs live in our Blueprint of Being as Life Codes that predispose us to think and act in certain ways. They may feel like truths, but what they really are is barriers that hold us back from reaching our full potential. In this article, we'll explore how these beliefs are formed, how they shape our reality, and most importantly, how we can hack them to create a life of possibility and growth.

## Meet and Greet

Has the little voice in your head ever sounded like this?

### Your mind laughs:

*“Are you serious dude -  
d'you know how hard that is?”*

### Your mind blanks:

*“What would that even look like?”*

### Your mind negates:

**“Yeah right . . . get real!”**

### Your mind judges:

**“AH HA!!! I TOLD YOU!!!! See... you're an idiot.  
I told you that you couldn't do all this. But no... you never listen  
to me.**

**Now what?**

**Did you learn your lesson?**

**Congratulations... !!!**

**Pssh**

**... Always telling me to be quiet.”**

## The Power of Self-Imposed Limits: How We Hold Ourselves Back

Limiting beliefs aren't always external; in fact, the most restrictive ones are inherited early in life and imprinted in our Blueprint of Being. These Life Codes grow into mental walls we believe protect us, when in reality, they confine us. Whether we create them out of fear, past failures, comparisons to others or absorb them from external sources like family, culture, peers or media, these beliefs shape the way we view our potential.

LIMITING BELIEFS are imposed, invented, imagined, and inherited limitations.

They do not exist in the real world.

They are not true in the real world.

They are believed and rehearsed as if they are real.

**I can't.** *I've never been good at making decisions.* *I'm ADD.*

Look at what I would have to give up. I'm **too** old. *What will everybody think (or say)?*

*I can't afford it.* I'm easily diverted by **temptation**. I really **shouldn't** .

*I'm not one of the lucky ones.* **I don't** know how. I have **no** one to **support** me.

*It will take too long.* I'm **too** shy (and insecure). *It runs in my family.*

It **doesn't** make any **sense**. I'm **not** smart **enough**. *I'm not dedicated enough .*

**Everything is against** me. It really **doesn't** matter. It's (aka "I'm") not worth it.

*I don't have any time.* *I never have enough energy.* **I don't** deserve it.

I'm **not** a good **enough** person. **I wouldn't** dare! *My will power isn't strong enough.*

It's **impossible**. What if I'm discovered to be a charlatan? *It might hurt.*

I've **never** been able to make good decisions. I **might** fail. I'm **afraid**. I'm **lazy**.

**No way!** *I never.* **Nope.** **Not happening.**

All of these statements represent *Limiting Beliefs*.

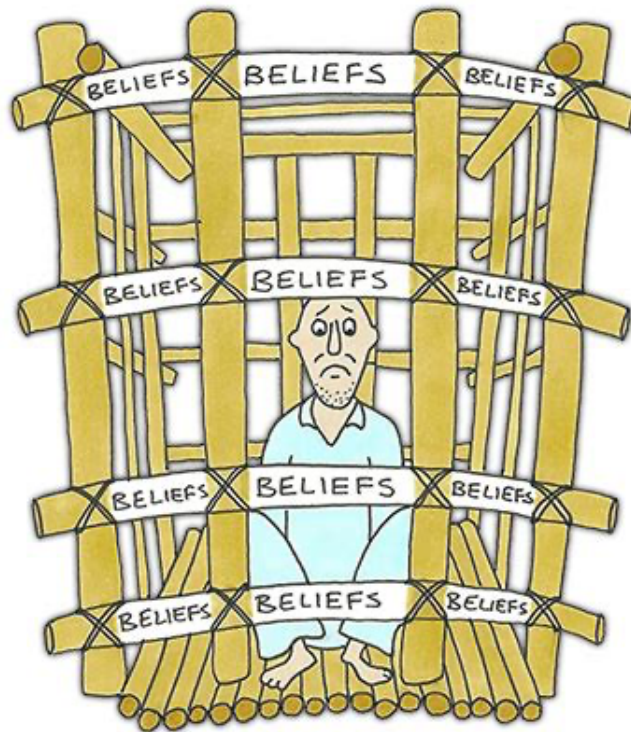
" Resigned to mediocrity ... it is resignation that must first be undone."

Limiting Beliefs keep you from making choices to get the changes you seek.

Too often we become resigned to accepting as "true" an assortment of limitations.

The result is we relegate ourselves to a continuing life of mediocrity.

A person does not have to be behind bars to be a prisoner.



### **Creation Stories**

Beliefs can make us feel everything from guilt and shame, to peace and joy.

**Prolonged struggle** without accomplishment may result in limiting beliefs being constructed as a story for why we never get what we want or need...

**Unrealized hope** can lead us to create stories that protect us from either more unrealized hope or from even recognizing our hopes...

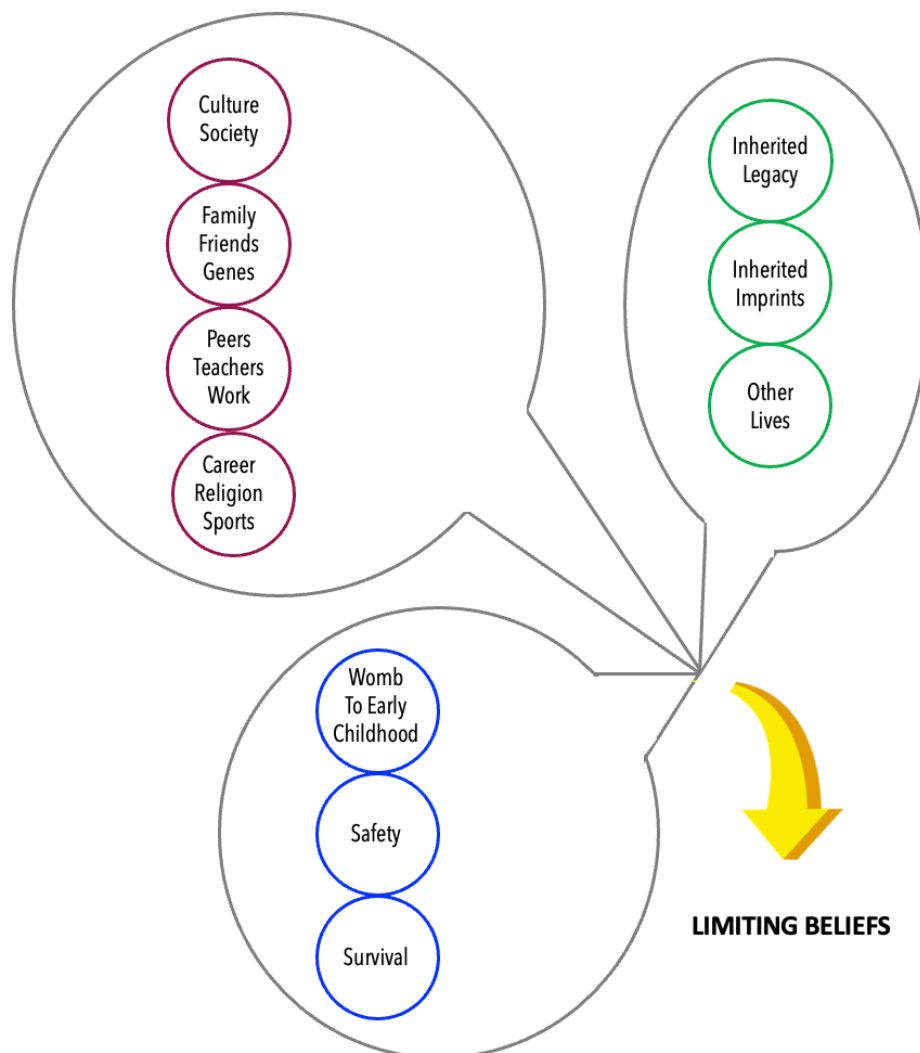
**Fear** of the "double-edged sword, that success may invite some sort of punishment or "negative reward", can cause us to create beliefs to protect us or to promote complete avoidance...

**Shame and blame** can be so destructive that we create beliefs that completely eliminate the possibility of ever even trying...

**Need to survive and be safe** can cause us to adopt behaviors that protect and preserve us while creating stories about “that’s just the way things are” and “some things cannot be changed”.

**Not knowing** due to ignorance, naïveté, misinformation, misunderstanding, misperception, mis-perspective, misjudgment, misrepresentation and deceit can all result in our making “good”: the seemingly best possible, decisions using “bad data”.

Beliefs are very adept at rationalizing and justifying their worthy presence. *It can be harder for us than salmon swimming upstream to spawn to effect lasting changes in our beliefs.*



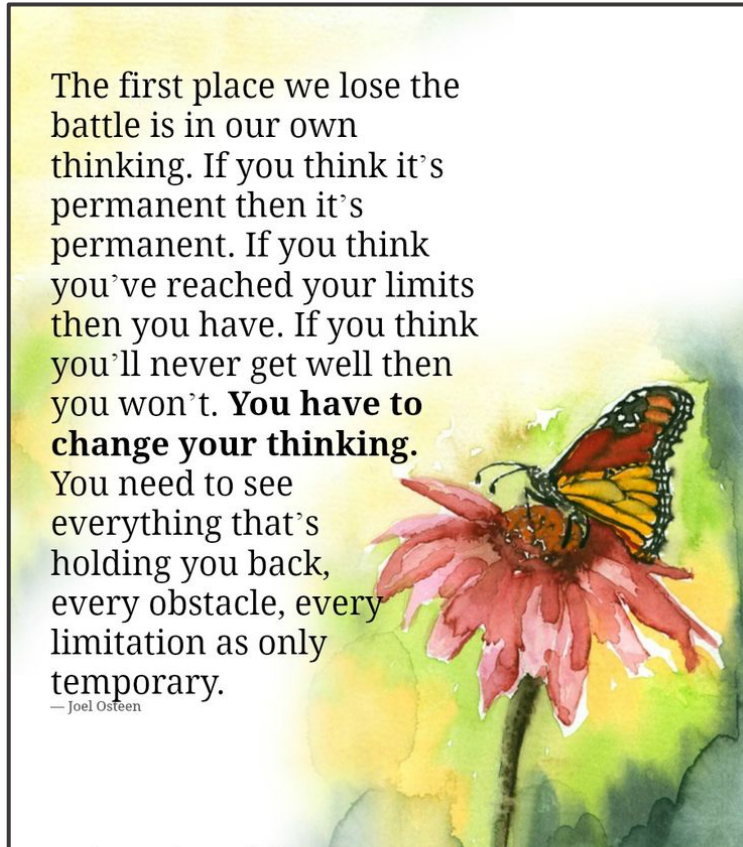


The origins of limiting beliefs often lie in past experiences, societal pressures, or well-meaning advice we received growing up. Over time, these beliefs became deeply ingrained in our mindset, shaping how we view ourselves and the world around us. As we move through life, they begin to appear in various areas – our career choices, relationships, and even in our personal goals. Whether it's a fear of failure, a belief that we're not good enough, or a sense that success is out of reach, these self-imposed limits quietly dictate the choices we make and the opportunities we allow ourselves to pursue.

**Self-imposed limitations present within many different domains:**

- Personal Health
- Wealth
- Emotional
- Wellbeing – Balance (physical, mental, spiritual)
- Relationships
- Sexuality
- Children
- Pets
- Buildings
- Vehicles
- Land

Self-imposed imitations are carried around as our reality.



One of the first places to begin, is to listen to and “hear”, possibly for the first time, what you are thinking. You can begin to effect change once you are aware of where the problems areas exist.

Do you have courage and openness? -or- Have you become jaded and desperate? You may be ready to admit, discover, and see impaired limitations on a range of subjects.

Limitations are not grounded in real world things yet Life Code patterns have been running your life without your conscious permission. They are the stories created to justify themselves. For people who wish help, I offer a unique service... I can rewrite the limiting beliefs embedded in your Life Codes, with you, and energetically lock in new “re-vitalized” beliefs.

Your results are measured by your *changed* behaviors and responses.

Your success is accomplished when you move towards your goals with these changed behaviors.

Until you change your beliefs, your behaviors cannot change. Rewrite your Life Code, change your beliefs, and your conditions will change in response:

- Your body will change
- Your home will change
- Your relationships will change
- Your work and play will change
- The atmosphere of your whole life will change

Changing your beliefs = Rewriting Life Code = transformation

The first step to breaking free from your limiting beliefs is realizing they're not truths—they're just stories you've been telling yourself.

The second step is to rewrite the Life Code that upholds them.

