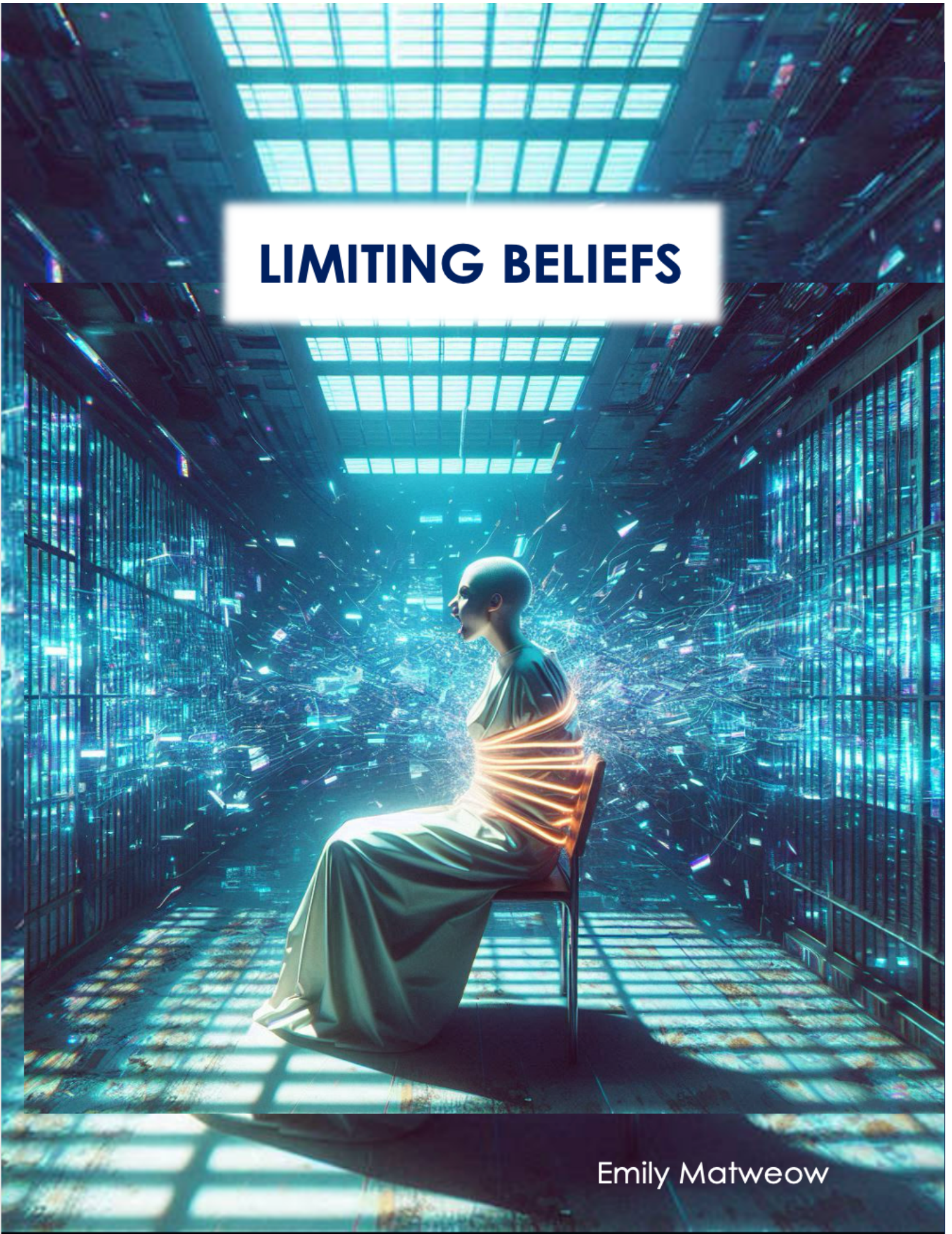


# **LIMITING BELIEFS**



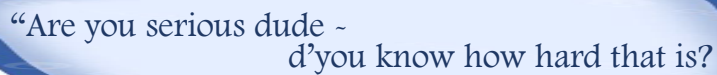
Emily Matweow

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. These limiting beliefs are often born from past experiences, societal conditioning, or self-doubt. While they may feel like truths, they are merely 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 challenge and overcome 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:



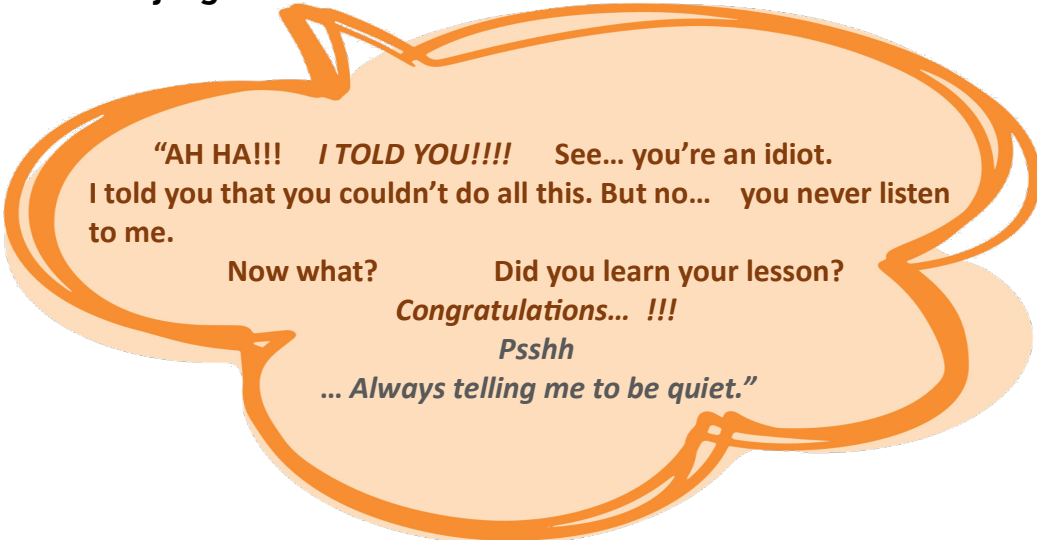
*"What would that even look like?"*

### 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 often come from within. We tend to create mental walls that we believe protect us, but in reality, they confine us. Whether through fear, past failures, or comparisons to others, these beliefs are self-imposed, and they shape the way we view our potential. In this segment, we'll dive into how we unknowingly build these barriers ourselves and how we can begin to dismantle them to unlock new possibilities.

LIMITING BELIEFS are self imposed limitations.

They do not exist in the real world.

They are not true in the real world.

**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.**

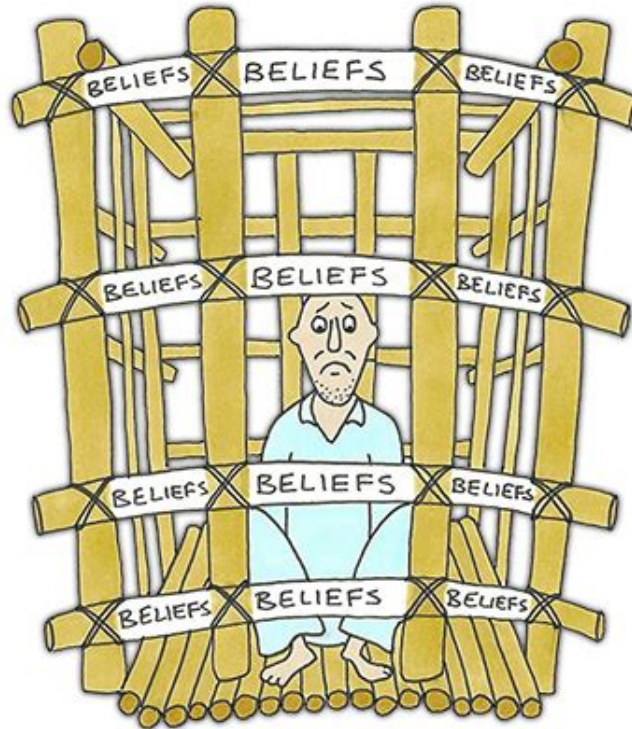
All of these statements represent *Limiting Beliefs*.

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

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

They are Self-Imposed Limitations you are resigned to accepting as "true" - relegating you 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...

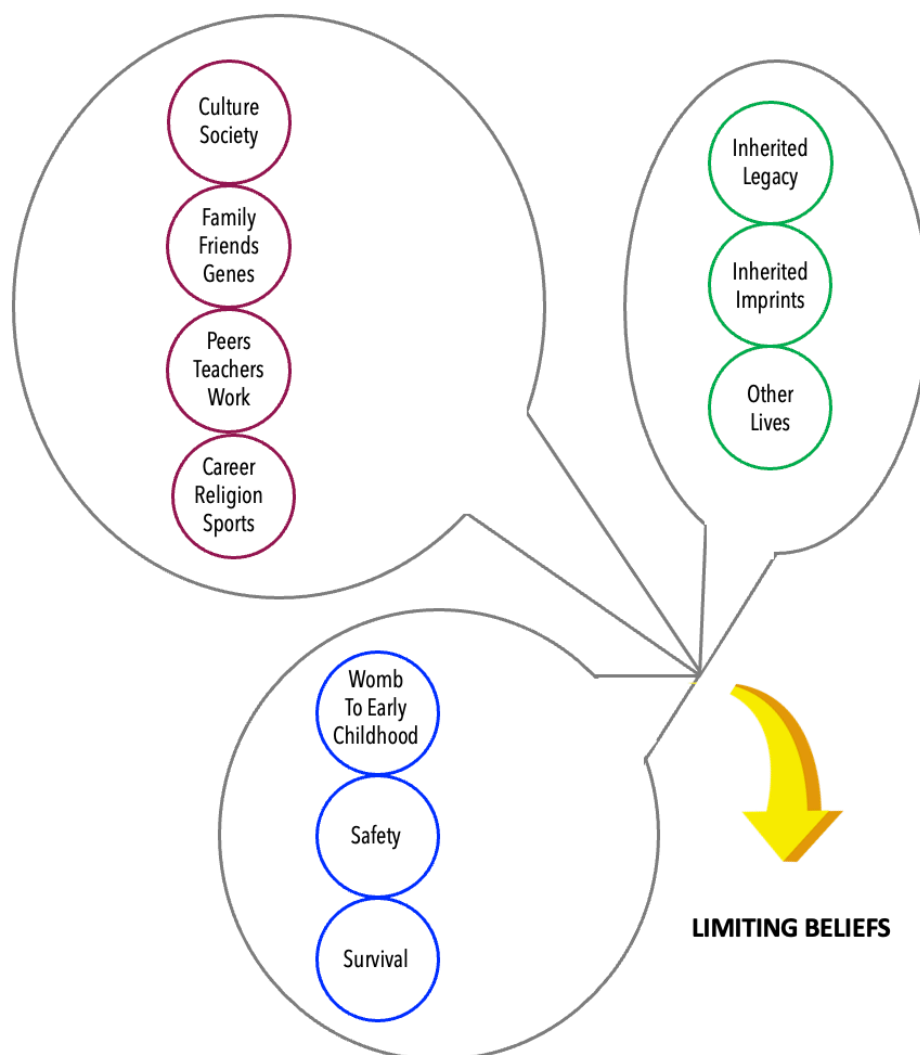
**Fear** of the “double-edged sword, that success may invite some sort of punishment or “negative reward”, can cause us to create beliefs to protect us or to promote complete avoidance...

**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.*



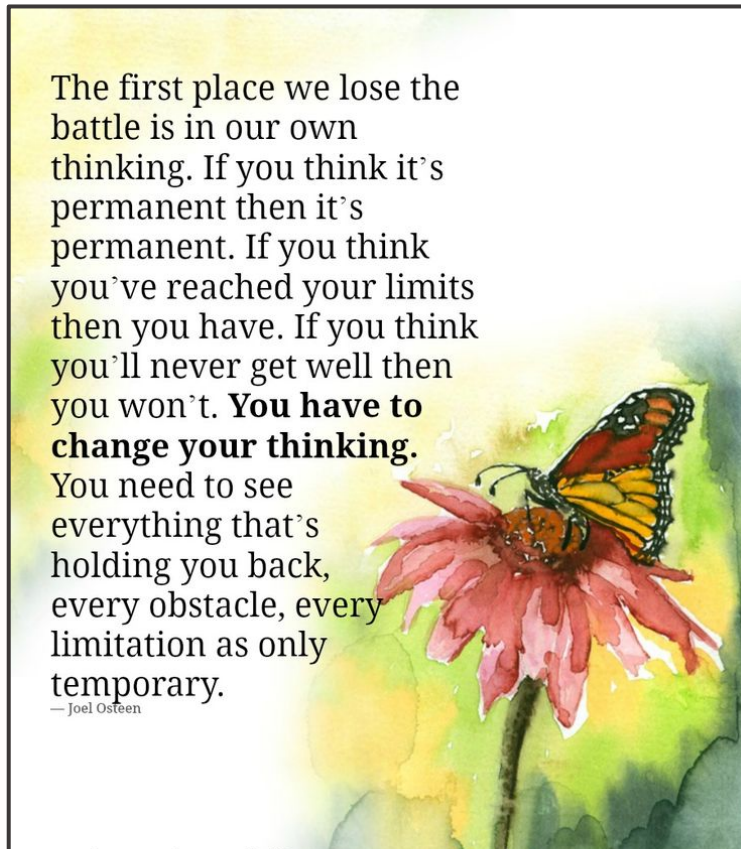


The origins of limiting beliefs often lie in past experiences, societal pressures, or well-meaning advice we received growing up. Over time, these beliefs became deeply ingrained in our mindset, shaping how we view ourselves and the world around us. As we move through life, they begin to appear in various 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                                   | • Relationships | • Pets      |
| • Wealth  | • Sexuality     | • Buildings |
| • Emotional   | • Children      | • Vehicles  |
| • Wellbeing – Balance (physical, mental, spiritual) |                 | • 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. They are the stories created to justify themselves. For people who wish help, I offer a unique service... I can rewrite your limiting beliefs with you and energetically lock in the new “re-vitalized” belief.

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. Once you change your beliefs 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 = 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.

