



WEEK EIGHT

Working with Beliefs

HANDOUTS

AND

PERSONAL DEVELOPMENT WORK

The greatest force in the human body is the natural drive of the body to heal itself but that force is not independent of the belief system ... everything begins with belief.

Norman Cousins (1915-1990)



Week 8
Recap Questions

What difference (if any) did the rubber band make to your self-talk this week?

How successful were you at catching and then changing limiting beliefs?

What technique(s) did you use to help you challenge or stop them?

Were you able to replace the limiting beliefs with positive statements or affirmations?

Have you practiced your new techniques daily so you can achieve your 30 days challenge?

If not, what stopped you?

How will you change or challenge that obstacle this week?

If you did, WELL DONE!

What one thing have you learnt from last week's session?

What change or progress have you noticed since last week?

Were there any beliefs that no longer served you around your goals?



This week we are going to build on what you started last week and I am going to share some more techniques with you to support the changes you want to make around limiting beliefs.

Last week we started looking at your limiting beliefs and you were introduced to a few basic techniques to support your self-awareness around mind chatter, stopping and then changing it. Today I want to continue with the same subject.

You have all the power within you to make the changes you want to around limiting beliefs. One of the keys to doing this is becoming aware of what they are and how they limit you.

Understanding the theory that our beliefs are part of life scripts given to us by others is a great place to start. When you really get this, it becomes easier to identify the great beliefs we have been given that we want to keep and equally to identify the not so great messages that have been transferred to us.

In NLP I learnt that what I see in others is what I may like and/or dislike in myself. In Reiki and chakra work I learnt that unless I can learn to accept, love and forgive myself, I may always see in others that which I hate, or have not forgiven in myself – my outer world mirrors my inner world.

I found this very useful when it came to changing my limiting beliefs, it helped me to realize that the limiting messages I had been given about myself by significant others, may in fact, have been things they did not like about themselves which they saw in me, and then repeated again and again to me in an unconscious attempt to stop me being like them.

Of course as a child, in that hypnotic alpha state, before I knew about the above theory, the messages became part of my truth, and where I was regularly told I was stupid or not good enough, or no-one would ever like me unless..., I began to see the world through the eyes of a stupid girl, or 'a less than' girl and you can imagine how that narrowed down my future potential and possibilities.

Could the above be helpful for you? If not, find something that is. Stepping outside of your constricted life view and looking in from a new or different perspective is liberating and offers hope for the future.

Before I discovered personal development, I didn't know limiting beliefs existed, I thought the messages were just truths, facts. By age 23 when I started looking into psychology as part of my educational and developmental learning, I found it liberating to know I could do something about how I felt inside, which until then was pretty sad most of the time. I have worked on bits and pieces regularly over the past years and today I feel free, secure, happy, content, joyous and alive. I am so grateful to have found tools and techniques along the way that supported these changes for me and now I am sharing some of them with you.



If you have been following the programme weekly, you will probably already started to experience some changes in how you feel about or see life. You may have challenged a number of old patterns and behaviours as well as some of those limiting beliefs.

Here are some more things to consider, with self-awareness you have all the tools you need to start to change how you think.

Beliefs and values are coloured filters given to us by others, identify the ones you are happy with and also identify the less than helpful ones. When you know what they are you can start to challenge them.

Attitudes are clusters of beliefs and values and are like the lenses of the glasses. If the colour of the lenses you are wearing don't suit you, change them to another colour by challenging your beliefs and values.

Thoughts come about because of your beliefs, values, experiences and attitudes. Up til about the ages of 5 we externalize our thoughts (Vgotsky) and therefore don't have need of 'mind chatter'. We say what we think and those around us 'police' us. "it's not ok to say that", "people won't like you if you say that!", "nice boys/girls don't speak like that", "keep thoughts like that to yourself", and on and on. And we get to an age where we start to internalize our thoughts and learn that it's not ok to say what we think.

And when that happens, there is no-one to police our thoughts anymore except us! Because the thoughts are going on in our heads there is no-one to question the negative things we say to ourselves, no-one to reassure us or get us to see things from a different perspective, no-one to challenge our mental and emotional chatter and unless we do this work either by ourselves or with another supporter, such as a coach, we might stay stuck in our never ending circle instead of learning so we can move on, grow and develop.

- **What thoughts do you need to identify and challenge?**

And so, born a *mighty castle with thousands of beautiful rooms all filled with light, with open doors, all clean and shiny, ready for guests to visit and use, but as they visit and criticize how our 'rooms' look, as they remind us 'that people like us don't have or do certain behaviours' as they advise us that we may not be liked or accepted if we show certain rooms off, we start to realize that maybe our rooms are a bit out of date, or shabbier than we first thought, or darker than we imagined or in the wrong position. So with each visitor who reminds us of how we are not enough, we start to close off our rooms, one at a time, bit by bit, until, as *John Welwood in the Awakening says, we end up thinking we live in a little terraced two up two down in need of repair, rather than the mighty castle that we really are.

- **Which rooms have you shut off in your mighty castle?**



Feelings come about because of thoughts. You think and then feel which in turn causes you to act or not. Every word (thought) has an emotional charge to it. Your thoughts are either making you happy or sad, (with some of them being neutral). If you fall into the negative cycle of a high % of limiting thoughts about yourself and your capabilities, you may end up feeling tired, low in energy, exhausted, stressed, low and even depressed. Working with a coach on some of the limiting beliefs you cannot shift by yourself can be really helpful. Extra tools such as NLP, TFT, Reflective Repatterning, EFT and TAT can support and speed up the process*.

*please note coaches are trained to work with limiting beliefs up to a certain point. If you are suffering from clinical depression or feel you need counseling or therapy, your coach may need to support you in finding the right discipline for your needs as coaching may not be appropriate for some clients.

Decisions are made from very early on in our little minds. Because of our conditioning and messages, we unconsciously decide 'that is how life is' or 'this is what love means' or 'men/women are all like this', 'marriage is.....' 'people are....' 'this is who I am'.

As you explore personal development, such unconscious decisions may conflict with your new conscious understanding. There are things you can change consciously by yourself just through self-awareness though working with an NLP coach can be very beneficial and support faster changes.

Choices arise from the decisions you have made. We have already looked at choice in a previous exercise/week. If you don't think you make choices, think again. Look at your actions or lack of them. These will be based on the choices and decisions you have previously made.

Now you know all of this, start to pay attention to your beliefs, attitudes, thoughts, feelings, decisions and choices around your current or most important goal. Get very clear about how you are operating and thinking in terms of your outcomes.

Do that now.

My goal is.....

My beliefs about this goal are.....

My attitude towards this goal is

My thoughts about my goal are

My feelings about my goal are

My decisions about my goal are

I choose to

.....



Now you have that awareness, here are some extra things to consider:

Wanting the goal is as important as believing you can have it.

On a scale of 1/10 how much do you want this goal?

On a scale of 1/10 how much do you believe you can have this goal?

Desire for the goal is important, however, if your desire for it is in any way negative, ie "I've got to have it, I must have it, I need to have it" be aware that this actually vibrates as a negative energy and could prevent you from actually achieving the goal.

For your goals to really work positively, it's important you want them, they make you feel good, you are happy or positive about the actions that have to be taken and you aren't too attached to the outcome. This may sound a bit strange, but when we are too attached to the outcome in metaphysics, that becomes a negative vibration and will attract negative outcomes. So the ideal is to get clear about your goal, check your beliefs, attitudes, thoughts, feelings, decisions and choices back the goal up and make you feel good, trust you are going to achieve it and then take the actions necessary to make it manifest in your life.

In order to do the above consider the following **recepte**:

Ingredients

Positive desire

Expectation

Imagination

Clarity

Commitment

Action

Celebration

Time (This varies according to the size and weight of the goal. Usually 2 or 3 actions taken consistently and daily for a period of time 21-30 days is a good starting point).

Take one goal, check it is healthy, makes you feel good and is positively stated

Write it down

Expect it to happen – trusting that if it is right for you it will

Create a visual for it – a vision board is a great idea

Imagine it happening (in your future) 2 or 3 times a day (more often is fine if appropriate) for about **30 – 60 seconds** each time. No need to overdo it or it could spoil

Measure it carefully, know how many grams each step weighs

Get crystal clear about the steps that need to be taken, check any obstacles physical, mental and emotional and commit to work on them regularly, lovingly and daily.

Take daily **ACTION** to ensure the goal is cooked and ready to serve up on time

Notice how far you have come. Celebrate and congratulate. Enjoy ice cold or piping hot – it serves up well both ways.



Expectation – some individuals are encouraged to lower their expectations in order not to be disappointed. Having low expectations of oneself and of life/potential damages self-esteem and keeps you playing a ‘small game’. It also suggests you may operate from a driving value of safety and security. Whilst both of these values are important (I can speak from experience here!) if you let them, they can become your jailors and keep you imprisoned in your comfort zone.

Take successful sporting heroes, you wouldn’t expect to hear them say “I don’t expect to win!” No, their coaches work with them to believe in their capabilities, their skills and to work towards a positive outcome. I listened to Linford Christie and Christine Ohuruogu being interviewed on a programme which was about being successful winners a short while ago. Both of them said wanting to win was vital and expecting to win really important, they went on to say they worked with their mindset as if it was a physical muscle and this was essential for winning, as was believing it was possible.

Make a decision to expect a little more in life or around your goals, and then take appropriate actions to support this new way of thinking. And talking about thinking, challenge it if it’s not being supportive and do what you have to do to get your mind working with you.

- **What do you really expect in terms of your goal? Write it down now. Re-read the above and apply it to your goal before moving on.**

If at first it doesn’t appear to be working, remember to use Kolb’s learning cycle to support you in breaking out of your old behaviours and habits and start to forge ahead to expecting more for yourself and of yourself.

Expectation follows **desire** and is an essential ingredient when making changes to limiting beliefs and goals in general.

If you want to really understand more about expectancy and aren’t sure if you can master the ‘mind over matter’ approach, take a look at some placebo experiments that have been carried out and see how they might support you in changing. You can raise your expectations of yourself regardless of your conditioning! Find a way to prove it. There follows some exercises to support you in raising your expectations of yourself.

Scientists generally agree that for the placebo effect to occur, the subject must (truly) believe they are being given effective treatment whilst also believing such treatment is effective. One theory argues that the placebo effect is the result of the subject-expectancy effect: subjects expect a given result and therefore look for and then report that result.



Q Who could you work with who would expect you to succeed, would believe in you and your ability and could help to influence your belief in yourself?
(Coach comes to mind and also)

Q How could you start to EXPECT (and get) higher standards, results and outcomes for yourself and your goals? Take your goal again and answer these questions now before moving on.

Another theory around results and beliefs considers classical conditioning. Fans of this theory explain that people are conditioned to associate a particular stimulus with a particular response and therefore get it!

Q What have you been conditioned to expect that no longer serves you?
How could you use what you've been doing so far to change old conditioning?

The third theory proposes that motivation to feel better or achieve the outcome as well as wanting to co-operate with the experimenter or doctor is the ultimate cause of placebo working. (Carroll)

Q How could you get motivated to feel better about your future?
Q Who could you use as your motivator and inspirer?
Q Do you really want to 'get better'? How do you know that is true?

Remember the importance of **Imagination** and start using it to support you in breaking free from old behaviours and patterns.

If you want to look into placebo and its effects more consider researching Dr Bruce Moseley's knee operations and placebo effect, studies at the UCLA on depression and placebo and Dr Irwin Kirsh's work on belief and expectancy, Dr David L Philips work on healing power of placebos. And if you like this kind of research, there's plenty more out there for you to look into.

Ok so that was a different way of sharing goal setting steps with you, if you like them use them, if you prefer some of the other ways we have looked at goal setting use them. Basically try each different way you are introduced to and then use what works. You might mix and match different information from different sessions and come up with your own goal setting approach and style and even create something original or set a new trend.

So now it's your turn to put this into practice.

Get clear about your mental approach to your goal
Then ensure you follow the above recipe
Decide where you are going to start, what needs to be addressed and then take action

Do this with one of your ongoing goals now
Enjoy the process



Next Week

Self esteem V confidence

Ways to work with your self esteem

RECAP

Life view – filters

Beliefs, attitude, thoughts feelings, decisions, choices

Castle idea – John Welwood

Receipe for goal acquisition

Expectations

Conditioning

Placebos and beliefs

Mental attitude

Personal Development Exercise (s)

Questions on thoughts and feelings around your goals

Looking at your expectations and the results you get

Conditioning and how it may be affecting your goal setting

Thinking about mindset and using placebos research to support change

Research into placebo work and beliefs

Using the 'receipe idea' to support your chosen goal



Personal development work between sessions

WEEK EIGHT exercises to do at home in between lessons

Find a coach or trusted friend who you can report to on your actions and successes

I will ask to support my work on this course

In order to continue the self-awareness work I have started here **as I go through my week, I will ask myself the following questions as often as I can every day** and just notice how I operate so I can choose to change anything that is not helpful for me.

Questions to think about and ask yourself daily and throughout the coming week:

As I think about my goal today, what are my thoughts and feelings about it?

What are my expectations around achieving my actions today?

How can I recognize and then challenge any mind chatter that doesn't support me today?

Using my new recipe this week I noticed.....

Optional Extra

Research

Biology of Belief – Dr Bruce Lipton

Dark Side of the Light Chasers – Debbie Ford – (includes John Welwood's story)



WEEKLY ACTION PLAN

Where are you with your goal(s) now?

Write a sentence saying what you think about the goal you are working on right now.

On a scale of 1 - 10 how much do you want to achieve this goal(s)?

What three steps could you take this week to help move you closer to your goal?

Write them below.

- 1.
- 2.
- 3.

What have you done over the past weeks to take you closer to your goal? Write your progress to date here.



