

OUR 12 LIMITING BELIEFS



THE BIG QUESTION:

Is the power in what you *love*, or in resolving beliefs?

About our 12 most common beliefs that limit our happiness and potential

"Your Creative Spirit, or Natural Ability, does not identify with your beliefs. In the Creative Orientation you are guided by your Conscious truth. You are not focused on fixing yourself, fixing your sense of incompleteness; instead you go for what you love."

- William Whitecloud

When we feel such as depression, anxiety, energy-drop, sense of unworthy, powerlessness, some of these unconscious beliefs might be present then. They are running your mood, creating your reality that, with an undoubtable concern, is a false and very narrow-seeing reality.

And these are just thought-patterns that comes from our early childhood and from past challenging life-experiences, and creates feelings like I mention above here.

And first of all, your thoughts and feelings are NOT you!

They feel real, but they are not real in a sense of who 'they' are saying who you are, and normally they are making you feeling incomplete, lack of Value, not good enough. Taking your power and freedom away.

To feel happy, harmony and wellbeing in life, we do need to start noticing these beliefs operating.

And they do that quite often in most of us which constricts the magical passionate life-energy and freedom within us. You do need to sniff where do you have your power in every occasion when you notice yourself being attacked by these beliefs. Either you do in resolving this beliefs and your emotional state, or you put your power in what you love, and what end-results you want. (positive focusing)

By learning to acknowledge and name these beliefs, cultivating your ability being present, cultivating a loving presence and curiosity for your present experience, and by doing the inner work in dealing with these beliefs, you are able to focus your attention and your power on things that really matters to you. That what elevates you to that most amazing experience of yourself, and life itself!

NOW, take a look at these beliefs, and tune in which of these resonates with you, and get empowered...

BELIEF

I'M UNWORTHY > MOST PREVALENT

SEEKING: Self referential love and approval

STRATEGIES

- » Seeking approval / harmony, but then rejecting the same, as receiving it would contradict the belief.
- » Unconsciously arranging to be rejected, as this proves there's nothing about them worth loving.
- » Taking steps to attract love and to belong, but this will often end up doing the opposite.
- » Taking everything personally – everything they hear is about them. This may manifest as extreme sensitivity or paranoia – “How does this relate to me?” “What does that say about me?” “What do they mean (about me), by that?”
- » Becoming the centre of a controversy, being dramatic or a martyr. This tests their worth – “How much do people accept me?”
- » Setting high standards and punishing themselves relentlessly.
- » Doing things a ‘worthy’ person would do; e.g. being a good Christian, environmentalist, etc. Their worth is defined by looking at what others consider to be worthy (not what they think themselves – because they're unworthy).
- » Leaving situations such as jobs or relationships before others find out how unworthy they are.
- » Using collusion.

BELIEF

I'M NOT (GOOD) ENOUGH > FAIRLY COMMON

SEEKING: Wholeness

STRATEGIES

- » Compulsive trying / attempting. The goal is to become whole through success and hard work. (Anything that is done easily is suspect).
- » Over achievement, e.g. lots of degrees – keep trying because they're good, but not good enough. Often perpetual students. A lot of high flyers have this belief and burn out.
- » Will set up achievements that don't get acknowledged. If they received acknowledgment the belief would be contradicted.
- » Always looking to better themselves – enough is never enough.
- » Future orientated – always rushing ahead (this makes this belief easy to see).
- » Lots of shoulds & musts – “I should do this, then I'll be....”
- » Characterised by feelings of emptiness.

BELIEF

I DON'T BELONG > FAIRLY COMMON

SEEKING: Identity – “Who am I?”

STRATEGIES:

- » A pre-emptive strike of being odd / weird / different, before other people kick them out (because they don't belong).
- » Acting like a hermit – even among people.
- » Trying to belong and ensure they have a place where they belong – “What's my place? What's my role?”
- » Doing things so they won't be thrown out. These people are often very likeable.
- '» Can become part of, or instigate a group, club or cult. This is so they have somewhere to belong.
- » Being hyper-vigilant about people – “Those people are not like us.”
- » Launching a pre-emptive strike through eccentricity or conformity, i.e. prevent being thrown out by conforming or by being so weird that people don't know how to react.

BELIEF

I NEED TO CONTROL MYSELF > FAIRLY COMMON

SEEKING: Orientation (Sanity)

STRATEGIES:

- » Controlling self, others and / or situations. (Control is often a strategy to support other beliefs, but can also be a fundamental belief).
- » Limiting input / output so they don't get overwhelmed.
- » Intellectualising, spacing out, become confused, numb, detached or may also affect others in these ways. May also seduce or distract in order to gain control.
- » Limiting thoughts, feelings and actions to what they can control (this aims to give orientation). ‘Coping’ gives them control. They will spend a lot of time in their head.
- » Avoiding taking risks and / or seeks rules. Often the rules are ‘should nots’ – “If I know what the rules are, then I can remain in control.”
- » Manipulating self to ‘hold things together’. Setting up strategies to not go crazy – “If I don't control myself, I might not stop eating / drinking / smoking / being violent.”
- » Acting ‘out of control’ as a strategy to get others to step in and force control – but they are actually controlling the situation.
- » Short sightedness (often literally) – they only see what they can control / keep together.
- » Creating a vision of negative consequences – all the terrible things that might happen if they were to take a certain course of action. They manipulate themselves into taking action.
- » May polarize a lot, i.e. polarize with a negative vision.

BELIEF

I CAN'T TRUST MYSELF, OTHERS OR THE WORLD > VERY COMMON

SEEKING: Viability (sense of future), survival, safety, avoidance of violation

STRATEGIES:

- » Cheating, being dishonest (often by not saying what they think, rather than lying).
- » Unconsciously setting up others to fail and then feeling betrayed. This is a pre-emptive strike. They assume others will fail them, which fulfils the belief and gives them a reason to keep their heart closed.
- » Not allowing others to help them feel safe. Trying to 'go it alone'. They will often feel misunderstood – “In order to survive, I have to be separate.”
- » Being very careful – always seeking safety before taking action – “If I open my heart I'll die.”
- » Setting up a lot of tests for people / things. This will often actually destroy what they want.
- » Looking for trustworthy symbols – person, guru, teacher etc. Once found they will test them to find out why / where they are untrustworthy.
- » Demanding guarantees and making rules. This is designed to create predictability and safety.
- » Getting into situations not worthy of commitment, e.g. a bad relationship, hanging around with the wrong crowd. Commitment equates to entrapment and is akin to death.
- » Making plans / creating expectations involving others without telling them. If the other person doesn't come through, they will feel ripped off and cheated.
- » Feeling unseen, unrecognised, under-valued, violated, betrayed, ripped off.
- » Often people with trust issues are open about it – “You can't trust people, you know.”

BELIEF

I'M INSIGNIFICANT / INVISIBLE

SEEKING: Viability (sense of future), survival, safety, avoidance of violation

STRATEGIES:

- » Detachment
- » Never asking for what they want because they're insignificant
- » Same as trust

BELIEF

I DON'T HAVE THE CAPACITY

SEEKING: Scope – “How big is the game?”

STRATEGIES:

- » Gathering resources. They believe they need to expand their resources to get the job done. Often these people are very excited about outer resources, i.e. technology, cars, power tools, money etc, and will spend time and energy collecting these, assuming that once they have enough resources they will have what they want.
- » Pretending they don't have the capacity, e.g. enough time. They will arrange things so they have an enormous amount to do and thus manifest the belief.
- » Trying to overcome the odds, e.g. blitz it before time runs out.
- » Only trying things they already know how to do.
- » Often controlling of physical space and environment.
- » Getting overwhelmed, over committed or under involved
- » May consider themselves to be not very smart, (as mental capacity is a resource), and express or feel that they have missed the point of whatever is going on. This can lead to a dependence on “expert” advice, as they are unable to rely on their own understanding.
- » Fear of missing out on something great. Often leads to difficulty with decision-making, and a tendency to be very passionate about something one minute and totally bored of it the next.
- » Talking big but not delivering when it comes to the crunch, thus proving that they don't have the capacity (the resources).
- » Getting confused, bewildered and unsure.
- » Often afraid of other people finding out that they are lacking in resources – so will put on a big front (can often be very charming), but hold people at a distance when it comes to real intimacy.

BELIEF

THERE IS A “RIGHT WAY”

SEEKING: Predictability – one way bargain

STRATEGIES:

- » Intolerance of deviation – trying to establish the right way.
- » Process orientated – rigid commitment to one way of doing things. Will focus on how it is getting done, rather than whether it's getting done or what is getting done.
- » Doing things the ‘wrong’ way and using this as an excuse for failure because they didn't follow the right way.
- » Belief in methods, systems, etc. – often to extremes.
- » Sin obsessed – follow dogmas.

BELIEF

THERE IS A “WAY THINGS ARE”

SEEKING: Certainty, knowledge, a certainty of how to operate, the owner’s manual to life.

STRATEGIES:

- » Fundamentalism. Seeking knowledge – the more knowledge you have, the more you know how things operate. Then you’ll know what to do and what you want.
- » Reading and studying metaphysics and thinking it matters.
- » Manipulating self / others based on how they think IT is.
- » Giving up responsibility of their life to the Universe, God, or whatever their theory of ‘the way things are’ is.
- » Promoting their belief to save other people who don’t understand ‘the way it is’, or to bolster their theory.
- » Seeking, or maybe writing, the ‘owners manual to life’
- » Under involvement with others.

BELIEF

I’M POWERLESS > VERY COMMON

SEEKING: Outward / external results (symbols of power)

STRATEGIES:

- » Setting up circumstances to be a victim. Blaming others for what happens to them, often angry about this. The strategy of the victim is to get saved by the person with the power – “It’s not fair.”
- » Characterised by anger.
- » Setting up power bases to overpower people. “I’ve got to get them before they get me.”
- » Defining themselves by accruing symbols of power. Often these people appear very powerful. Once symbols are obtained the game becomes how to keep them.
- » Assigning the power outside of self -“I can’t do it, it’s not my fault.”
- » Manipulating people in order to get what they want (assumption: others have the power).
- » Power seeks results, so person will either act power hungry or as a victim because of the assumption of personal powerlessness.
- » Unconsciously setting up situations to fail or lose: “I don’t have the power to get what I want.”
- » Often, colluding with others to seek support for their viewpoint: “It’s not my fault is it?”

BELIEF

I'M NOT ALLOWED TO BE CAPABLE

SEEKING: Freedom to do / have what one really wants

STRATEGIES:

- » Setting up things so that they can act incapable.
- » Raising the goal posts before even reaching them.
- » Underachieving compared to what their real capabilities are.
- » Appearing less capable than they really are.
- » Avoiding situations where capabilities will / might be tested.
- » Lots of 'coulds' – could do this or could do that, but don't know. Spinning wheels going nowhere.
- » Constant preparation and very process orientated, but don't actually get anything done.
- » Lack of commitment.

BELIEF

I NEED TO BE PERFECT

SEEKING: Peace, relief and resolution

STRATEGIES:

- » The belief assumes that perfection exists and it's something one needs to be.
 - » Never beginning.
 - » Finding fault with other people so that personal imperfection will be OK.
 - » Compulsive pickiness and fault-finding.
 - » Excessive preparation – looking for salvation and relief of it being over.
 - » Destroying things before being found out to be imperfect.
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I hope this information was inspiring to you!

If You want to know more about the work how you can rip yourself off from the grip of these limiting beliefs, reach out for me and let us find a solution that works for you.
I have 4 weeks Challenge-program for this.

With Love and Presence

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