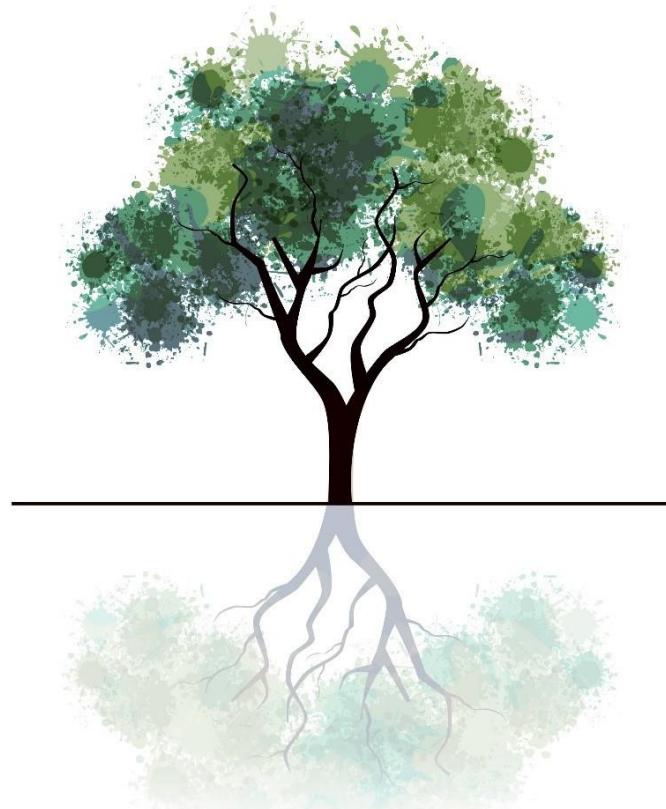
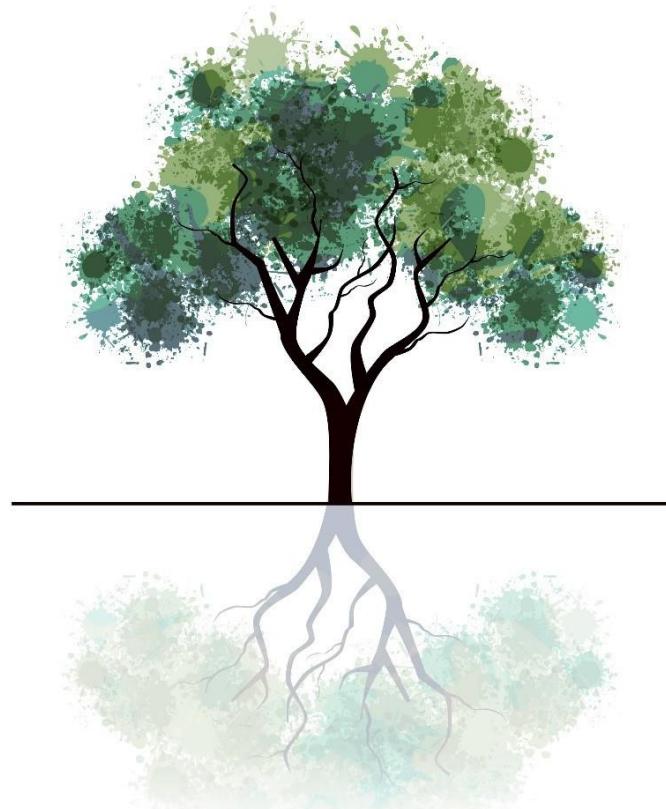


**Beliefs:**  
What we ‘believe’ is witnessed  
in our life.  
Above as below.



**Belief eBook**  
100+ common beliefs &  
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Belief, from my old school dictionary (circa 1981) is:

The feeling or confidence that something is real, true or worthwhile or

Something which is taught or accepted as true.

Based on this definition it is easy to see how influencing beliefs are and how challenging they can be to move if needed. In summary, beliefs are the meanings we give to situations or people and are our expectations of how things should be.

Beliefs can be created at any stage of our life, but it is generally accepted that our core beliefs are created by the age of 7. Which means parents, significant adults, siblings, early school, any school in general, sporting clubs/activities, friends and peers.

We can become aware of our beliefs with curiosity and mindfulness. When things are not going the way we expect, or we experience big emotions, either positive or negative, we can see our beliefs playing out.

When we feel negative, generally, our expectations, hopes, and wishes are being violated or not being met. Think of the times when people have let down, disappointed or things haven't worked out and recall the thoughts and the emotions that have come up with this.

Now, think of when things have worked well and all is in good order. Are you happier and more joyful because they meet your expectations and things are as they should be?

"Expectation is the mother of all

frustration." Antonio Blanca Banderas

High expectations of self can also be a double-edged sword, but they certainly give us incentives to move towards goals; the challenge is to keep the expectations slightly out of comfortable reach to help us stretch, be mindful of unrealistic pressures and hold our progress and self gently through the process. Change, learning, and goals take time, and we are to become the person who can live with the goal. Our thoughts, actions, mental and emotional capacity to create and hold the space required for new and different things.

Expectations of others are best monitored to encourage them to be the best people they can be and be honest if you are okay with who they are. After all, we can only control our own responses and reactions.

**Limiting beliefs** are those that hold us back and limit our progress generally due to fear, thinking we are not good enough, deserving, or lovable, but at the core of this is the belief "I'm not being good enough". This is where it gets tough because we all want to be loved and accepted and enjoy life.

*It has been shown ....*

*What we think, we become!*

What we believe to be true is what we experience. Why would it be any different from what our body does? After all, we are constantly awash with our thoughts and self-perceptions. This is a way to explain spontaneous remissions and healing. Are these the results of divine interventions, or is our mind working with our body to explore and heal the emotional aspects of disruption in the body?

The power of imagination and dreaming has the power to break through limitations, such as a one-minute mile and every invention in history. Why wouldn't body healing be about breaking through limiting beliefs, letting go of the heavy, binding emotions that keep us

small and transmuting them into self-forgiveness and love, and letting go of historic binding chains and heavy energy to be free?

This is the premise of most religious philosophy – to love each other, to have tolerance for each other, to have acceptance for each other, and to love others as we would be loved. This, to me, is the ideology that we need to be gentle, kind, patient, and tolerant to ourselves and help ourselves as we would others to support their life journey. If we are constantly berating, criticising, and holding disbelief, we cannot or will not achieve a stated outcome, or if ‘it’ isn’t for ourselves, then the body has the ability to not look after itself. This can be by limiting beliefs, prompting us to choose to self-harm or sabotage with unhealthy, unsupportive habits and choices.

Holding on to limiting beliefs, ideologies, shoulds, and heavy emotions such as self-flagellation, anger, hurt, and grief does several things. It takes a *lot* of energy to keep these feelings in place and hidden so they don’t spread through the rest of the body, let alone into our life. The energy required to contain the heavier emotions sacrifices the energy needed for growth and rejuvenation and makes lighter emotions, such as joy, happiness, and contentment.

A metaphysic theory suggests this is how serious diseases such as cancer occur – the dark emotion must be encapsulated so that it doesn’t poison the rest of the body, but in doing so, the mutated cells multiply unchecked and have the potential to do serious harm.

Our emotions, in essence, multiply when we focus on them. Reliving or repeatedly remembering negative situations, feelings, comments, etc., only adds to the heavy, negative body chemistry. Depression leads to a depressed immune system, which may not be able to protect the body as well as it could compared to lighter emotions that produce positive endorphins and support a balanced and healthier immune system.

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*Focusing then on positive things in life expands the good,  
allowing more to come in.*

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Things such as self-care, enjoyable activities, contributing to things you agree with and feel good about, doing good for others, practicing gratitude, and being creative. However, that works for you all contribute to happiness. These types of actions produce a positive, healthy body chemistry in line with a healthy well-being.

As the saying goes, "*Birds of a feather flock together*", which means people are more likely to hang around like-minded people or at least people of similar values, views, and frequency/vibrancy. Check your friends list.

- Who do you naturally spend the most amount of time with?
- What do you talk about or focus on?

This gives insight into where your internal frequency is set to. If you like it and it is working for you, then great, keep going. If, however, there is a level of discord, then it is in your best interest to assess, consider, and ask for help to transform the internal thoughts into more loving ones before it is too late. If it means letting go of thoughts, activities, actions, and people, then this also needs to be considered. It is our duty to be true to ourselves and our calling and to act for our highest good. Walking away from situations and people is an act of self-love. How and the intent are the deciding factors in its vibration. All this is very complex and difficult to summarise into a few paragraphs when millions of books have been written describing these thoughts in detail.

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*What you put your attention and focus on  
sets the tone for your whole being at that moment.*

*Be careful then what you focus on, what  
thoughts you feed, and where you place your energy.*

*as this is what will multiply or increase. What you feed expands.*

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There is a saying that goes along the line of '*Forgiveness is for our well-being, not for the other person*'. Letting go of negative, heavy, hurtful situations, feelings, and spaces does several things, such as the following:

- It allows energy to be used for more important tasks such as spending time with people you love and on things you enjoy, detoxing, rebuilding relationships, and finding happiness.
- Overall energy/frequency is raised, lightening mood and increasing contentedness and happiness.
- Life takes on a new meaning as the focus is on things you enjoy and are lighter in nature – love stuff. No, it doesn't mean you will *automatically* attract your life partner, but you may very well attract the people best to help you explore, gain clarity of what you do want, or let go of baggage that isn't serving you so you can move to the next level. Life just seems to be better, and when you come from a pretty dark space, this is a fantastic experience and another whole topic in its own right.

It makes detoxification easier as the body isn't so 'blocked up'. Happier people also tend to choose healthier lifestyles of healthier food, movement, and points of view and generally are better rounded.

A different state of mind and physical environment allows one to be less triggered by their environment. This could be people, emotions, low-quality food, drinks, etc., swapped for more supportive choices, which in turn enable the body's chemistry, DNA, and reduce repetitive negative thoughts, which makes more space for self-care, gratitude, and appreciation of the simple things in life.



Is it such a bad thing to self-care and not continually punish ourselves with thoughts, emotions, situations, places, people, etc., that do not co-create a positive and light outlook on life? Yes, your brain and body go with you wherever you are, so physically moving jobs, houses, towns, etc., may not be the solution, but it certainly may be part of it. By distancing away from harmful, hurtful situations, we can have an opportunity to create a very different outlook, connections, and responses. After all, it is our side of the situation we influence.

The other side of the fence is for someone else to be concerned about.

It is essential to recognise how we perceive the world. What is your general perception, negative or positive? A positive mental attitude is vital if we want to live life to the fullest.

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*Our mind is a magnet, and we gravitate towards what we think about most.*

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*We move towards whatever we have our eyes on.*

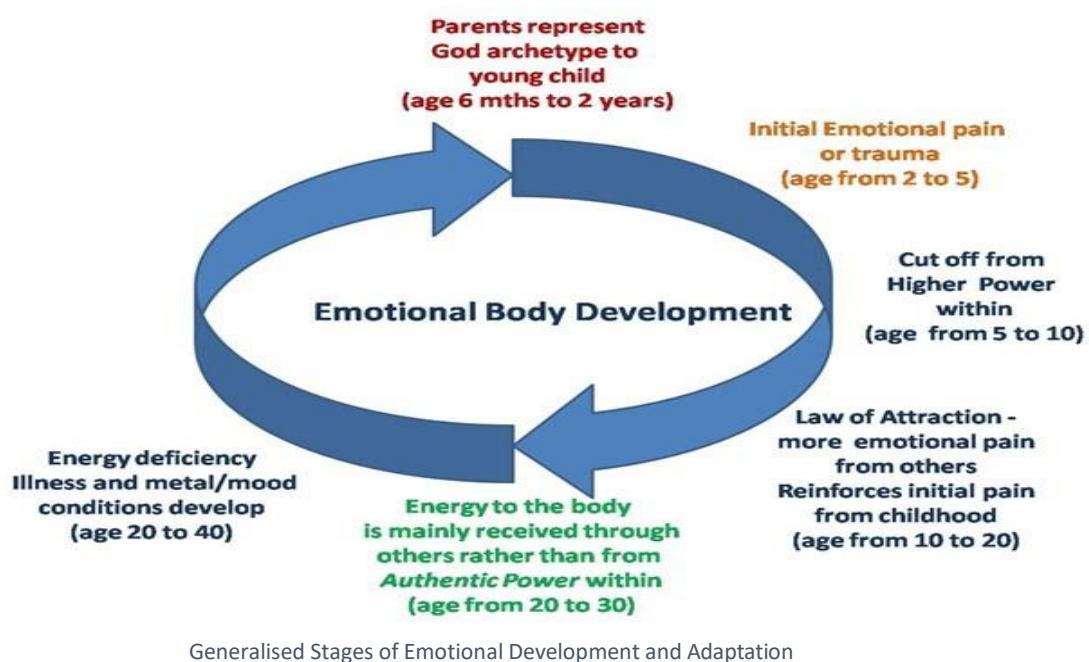
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There are plenty of books on the topic of how our character traits, values, and beliefs develop. In a nutshell, this is the breakdown:

- Inherited via our DNA. Yes, that is right, the genetic coding given to us at conception is the makeup of your parents. This predisposes you to all sorts of things. Fortunately, it is not a guarantee that all the characteristics such as health, attitude, behavior etc., will be yours. See, DNA, genes are only open and closed in response to the information they are bathed in. We have the power to choose what goes into the bathing solution. A win for us.
- Our emotional and physical imprint is altered or enhanced very early on. During pregnancy, the mother's emotions and her body chemistry influence the developing fetus's growth, DNA, etc. If the baby is a girl, then that little one is already growing the eggs for her children, and these can also be altered during this time. The message 'inherited sins' or 'sins of our forefather's' holds scientifically true. The unborn also hears words and senses things

going on, good and bad, so whatever the mother is exposed to during that very early time, the memories and imprints are starting.

- Early childhood, when we are so open to learning, is critical. Not only does the child hear, see, sense, but they also feel the touch, the hurt, etc. With limited insight into the nuances of relationships and how to interpret this, the messages of 'this = that' or beliefs about the world 'should' be started.



As children grow older, before the age of 7, patterns of behaviour and beliefs are fortified. They learn how to respond, initiate and interact to ensure their survival. To get food, comfort, etc., but somehow to stay safe and protected. Our sense of value in the world comes from this early grounding, and depending on the primary messages we hear, feel and are reinforced will pretty much dictate the rest of our lives until we choose to take charge.

We also learn during this time core beliefs about everyday life. Relationships, work value, money, roles, acceptable choices etc. Parents and main carers are like Demi-Gods – the center of the child's universe and learn very quickly what goes

down, start to disconnect from the inherit God self, or Higher self, belief they are inherently ok, and good beings, and that everyone else is too.

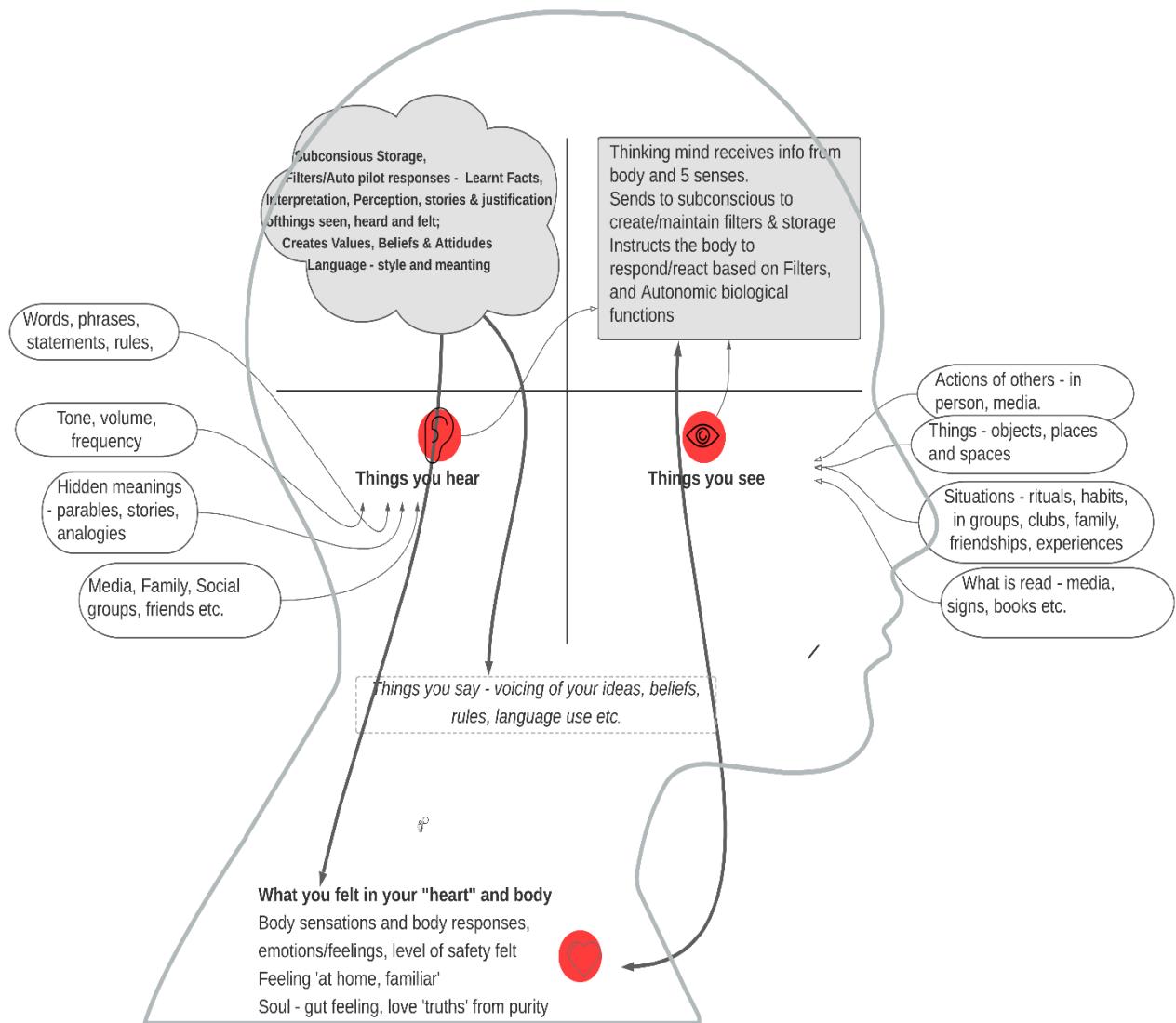
This shift can result in considerable changes in behavior, depending on the child's interpretation of the experiences. For me, personally, I vowed to be the good girl, layered over my previous belief that I wasn't important enough to be looked after, and that I wasn't particularly wanted. Believe me, this still runs deep, and though it is getting lighter, patterns around this still show up. The advantage now, being an adult who chooses, is that I can see it, respond and get help to move and let go.

Pre-teen, early teen and early adult. We have all been there, and many have moved through it with their own teenagers. The push and pull, the boundary lines being tested and proven, adjusted and reset. *In many ways, teenagers are re-living their 0 – toddler years to see if their early interpretations and assumptions really hold true.* They are asking if this is me? Do I fit? Is this what I want to be?

Self-esteem and belief issues are paramount and depending on the associations made early on and reinforced during these years. They can create quite unpredictable outcomes. Why? It is beyond the parent's or primary carer's direct influence, and now the child has more choice. They are expected to choose and will often test both sides of the coin to see which is a better fit for them and what they believe.

Thankfully, these experiences don't need to be set in stone. However, it is as much about the teens as they are about the adults and peers they are interacting with. Reliability, trust, belief etc.

To help show how we develop our ideals of ourselves and our interpretation of the world we experience is shown very well in the outline of NLP philosophy. The filters mentioned are what we create over time. They are our interpretation, what we are told, what we experience and what we distort to keep ourselves safe and thriving.



Adaptation of the works of James & Woodsmal, 1988

These experiences are stored in our brain/body as memories, which, like file folders in a filing cabinet, are called upon when similar experiences occur at later stages of life. If the experiences are similar enough to reinforce the first and subsequent message, the file gets bigger, and more ingrained into the mind body.

To give you an idea, a child is born and cherished. It is held, loved, and responded to almost at whim. This child may, and more so if this behavioral message is repeated over time,

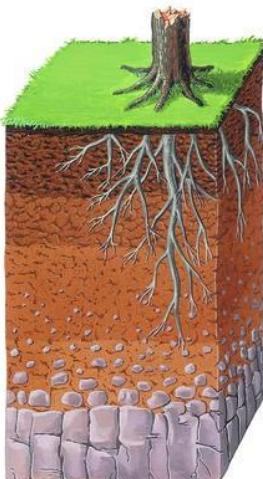
interpret their survival and affection as relating to making noise. We have all thought at times that it is the children who rule the house, and this is one way they may do so very well. They learn very quickly how to get attention and meet their needs because they are dependent on their careers.

On the flip side, a child who may not be cared for so carefully, can easily learn not to be important, or making noise doesn't bring out the love it needs but an unhappy parent. They can also be very resourceful, resilient, and persistent. These are generalisations, but the research does provide consistent evidence around these ideas.

What happens when a child or person doesn't follow this generalised pattern? I think it is because they learn quickly how to look after themselves and that they are ultimately in charge of their destiny. They just learnt the lesson about 2 decades earlier than adults who grow up and start making conscious choices to do things differently.

Another analogy to work with could be how the earth has been created. The big boulders are created in our early years, with our inexperience or understanding. Early on, the various parts of life are big things – magnetized boulders. Over time, the situations and experiences are more familiar, and their impact is smaller – gravel, but reinforce the area around the boulders. Because they are magnetized, the smaller things are attracted to the bigger beliefs and boulders, layering the ideas and notions as they are experienced over time. It is possible for other big things to seemingly land in our world, the question then is, is it an older issue or belief being exposed as we have worked through our life, or has something big 'landed' in our paddock that belongs to someone else?

Also, keep in mind that there are so many aspects of life, layers, and small details in every day that influence choices. What I previously described is gross overlays to very intricate details of a person's experiences.



Before anyone thinks badly about their history or that you are stuck in being the way you currently are there are ways to move through the layers that have been created over time. Another way of seeing this scenario is as can be seen in the next diagram. The bedrock, the foundation of our lives is the deeper issues we accumulate over time. Just like in life, boulders can be discovered at various times as we uncover some truths or experiences that show them up. We choose to do an excavation to find the deeper issues that are blocking us from creating our dream lives.

The type of fruit, trees and flowers of life are influenced by the type of soil or programs we are running. What are your ideals, values, beliefs of how things 'should' be? Keep in mind, though, that there are no 'shoulds' in life but a string of choices from which you choose to live your life.

Indicators of what you believe your life should be like include, based on the idea the world is a mirror of our inner world:

**Relationships** – the type and quality (not number) of who and why you choose to spend time with.

**Interdependency** – the levels of cooperation and support within relationships (Stephen Covey)

**Finances** – enough, abundance, and spending habits; when and why you spend money. Pleasure, pain, punishment, reward etc.

**Happiness/contentedness** – levels of being okay with life. The frequency of feeling ok with life, or that ahh relaxed feeling in the various aspects of life.

**Words and phrases we use – patterns of speech** unless we are really aware of what we are saying and consciously choosing words; sentences, phrases and points of view reflect our inner beliefs around the topics being spoken about. How we see ourselves, others, our 'shoulds' views and outlook of what things are, based on our inner values and concepts created.

## **What we seek out**

### **Desire to feel or level to feel – fear vs safety**

Everyone, and I mean everyone, is ‘faulty’. No one has evolved into being the perfect being, no one is *fault* free. I think we view or see others and see a clearer version of what we would like to be, or as we heal more and more of ourselves, we are seeing our potential in others. Remember, the world is a mirror, and therefore, what we choose to see, what we focus on is, in essence, a reflection of what we see in ourselves.

By now, you may have started to uncover some parts of yourself as you have honed your awareness of your body and maybe your feelings. This is good and healthy. If, however, you have started to uncover a few home truths that you are surprised about or unsettling, it is important to ask for support and help.

There are several modalities available to support you; however, which you choose, it is vital you feel heard and understood and that is an improvement in your sense of being. If any modality makes you feel worse emotionally, it may not be the style or the time for you to undertake that modality, move onto the next one. Trust that when you are ready, the teacher will appear, and part of the entire process is to start to listen to yourself more and to hear what you have to say.

In the meantime, some reflection exercises can be done in your quiet time. Even reading the question, as you may have already experienced, starts to open up parts of what you are starting to look at. This is good. Remember, whenever you start to get out of your depth, ask for support.

The following are taken from the book “The Inner Edge” by Richard Wedemeyer and Ronald Jue (2002). The text is particularly useful to help uncover ‘what’ is behind the reactions and behavior choices you are making. It is about increasing your awareness even more than seeing that you are eating or doing things that are not in your best interest. It can be used

to explore all aspects of behaviors and thought patterns.

What this is referring to is the knee-jerk reaction, predictable behaviour, and your go-to reactions (no response) to people, situations, and topics of discussion. We all react to things as we 'always' have, and until we become aware of the reactions that are not congruent or supportive to the character whom we choose to be, then our lives may be very slow to change. By completing the activity below, and answering the reflective questions

each day, you are preparing the mind to be more open, receptive and able to change towards the type of person you would rather be.

*The four steps of working with hidden beliefs*

*Recognition – become aware of a behaviour pattern*

*Responsibility – own the pattern*

*Research – uncover the underlying belief and dynamics being seen*

*Retrofitting – modify outdated patterns that are not serving you*

**Recognition**, you have already been doing this to some extent, maybe even more than you realize. However, your patterns can be quite cunning and choose to remain hidden from yourself. After all, you have lived with yourself for how many years, and you are likely not to see yourself as others see you. Your quirks, idiosyncrasies, things that drive some people crazy, etc. that make up part of you.

*If you are ready to be open to a different way of thinking, then do the following and continuously throughout your journey.*

*Take some time out to sit and reflect on the choices that you have made that could have contributed to your current state. Choices around the amounts and types of food,*

*exercise, stress management, relatability to others and anything else that comes to mind. Often you will recognise them by recalling "I should have done...." write these insights down, and for each, consider*

- *What similarities do each of the incidents or insights have?*
- *The circumstances in which the 'shoulds' presented*
- *Who else was involved in the choices (partners, friends, stressors, etc)?*
- *Triggers that prompted you to choose the actions you chose?*
- *The more clarity and common theme of these insights, the more you get to the core issue or pattern.*
- *Listen to the voice inside that is giving you messages. It could be saying, "This isn't quite right", or "There is something I am missing here". Be open to hearing the small whispers or even that uneven feeling of things not being quite right. It is very likely not all kosher.*

**Responsibility – own the pattern.** Once you become aware of what, how and why you are doing or saying things, you have a choice. You can choose to continue doing what you are doing, or you can start to take steps to change. You may benefit from engaging a professional to help guide and account for change in the early days. For most, the new behavior could be quite foreign and you may be very unaware of what and how to do the newer steps. Engage others around you to keep on track. Not in a nagging way, only to remind you of what you had committed to, and then allow you to choose to do or not to do in that instance.

**Research – uncover the underlying belief and dynamics being seen.** Ask others with whom you spend time with, could be family, friends, or colleagues whom you trust for their honest response. As mentioned earlier, we don't see our behavior simply because we live with ourselves all the time. Others are transient and see a different side of us. If you ask another though, you must be willing to hear the insight, and it may feel like criticism if you choose to receive it in that manner.

*Another powerful research method is to ask quality questions. Questions are thoughts looking for answers, and so ask away. The list of possible questions includes:*

- *"Is what I'm doing similar to or reminiscent of something that was done to me?"*
- *"Does this pattern reflect what was done in my family?"*
- *"What kind of feelings do I associate with this behavior?"*
- *"Whom am I addressing in this situation?"*

*During this, you may have memories arise or feelings around various situations. The stronger the feeling or the more memories that arise in a pattern the bigger the belief boulder is.*

*Now the fun can start as with the memories there are usually voices or phrases spoken that are linked to the situation. These are like the key with which you can turn in a different way with reframing and make new cognitive associations to historic issues.*

*Common phrases include, but not limited to:*

- *"Never trust your feelings of instincts"*
- *"You deserve a reward, you have been working so hard"*
- *"Do as I say and not as I do"*
- *"Finish everything on your plate before you leave the table."*
- *"There are poor people on the other side of the world who don't have what you have."*

*You get the picture, the associations can be about anything, and the core issues can relate to any part of life, and is reflected where ever it can be noticed. After all, our deepest self wants to be heard and respected, and it will make its self-know. By the way, the deepest self is love, and so what is not of love is pushed up to be looked at, cleaned and removed if need be.*

## ***Retrofitting – modify outdated patterns that are not serving you.***

*Retrofitting is like the cleaning up process of change. Recognise your triggers to your previous knee-jerk reactions.*

*Are there similarities in character between childhood authority figures and co-workers, family friends etc?*

*Do you respond or react in a similar way as you did as a child or want to as a child with these people now?*

*Stop, look, and reflect on this is the appropriate response given the situation and the people involved.*

*Learn new ways of relating and responding to people. If a previous behaviour or thought was not supportive, and you think it could be changed to be more productive think through and describe the following in detail:*

- *What is the ideal outcome?*
- *What would it look, feel and be like?*
- *What or who would need to be different? Different people involved, different ways of talking, acting, being etc.?*
- *What resources or changes do you need to learn?*
- *Who can help you achieve this? and*
- *How will you know you have achieved the change?*

*Outlining the answers to these questions helps you to map out a change plan and also starts the subconscious to help set up the changes you would like to create. These actions and questions are quite powerful. You are creating awareness, from which you get to choose the next step; the reaction and the potential.*

The following are common limiting beliefs and their potential counter-belief. You can use these to help find the limiting belief patterns or themes of beliefs for you to forgive, tap, and let go of.

## ***100 Limiting Beliefs.***

	<b><u>DISEMPowering BELIEF</u></b>	<b><u>EMPOWERING BELIEF</u></b>	
	No matter what I try, it doesn't work.	My past experiences don't predict the present or future	
	I will never be good for my parents	I am responsible for my self-acceptance	
	I'm not allowed to be honest about how I feel, I need to consider other's feelings first	I, too, have feelings and needs. It is my responsibility to honor and express them.	
	I've always been overweight; it isn't going to change now.	I've been overweight for a long time, and I'm ready to change that.	
	I am getting too old to learn new things	Age is not a limitation unless I allow it. The mind is very capable of learning new things.	
	Healthy food doesn't taste good.	Healthy food can be delicious, lets experiment	
	I don't like .....  (have you honestly attempted them)	I can experiment and see what I honestly do and don't enjoy.	
	I need to earn happiness	Happiness is a choice. Nobody is in my head other than me.	
	It isn't safe for me to be, do or have xyz	I can learn more about XYZ and make informed choices that empower my sense of safety.	
	Feeling good is not ok, especially when others aren't.	My feelings are mine to choose, just as their feelings are theirs to choose.	
	Every time I lose weight, it comes right back.	I can address the core issues of my weight gain and heal these parts.	
	I don't deserve to have the things I want.	Deserving is someone else's judgement of what is for me or not. I know choose....	
	Nobody respects me	When I respect myself, I choose whom I interact with	
	Everyone in my family has the same problem	I am my own person, and I can choose how I live my life and health	
	Life is unjust	I choose how I judge the world events	

	I am not safe	I can learn to trust my decisions and intuition and put things in place to support my scared inner child	
	Nobody cares what I have to say	Others are missing out on my sparkle. We all have something to contribute and have a voice.	Page   19
	I am not able to have healthy relationships.	I am worthy of a healthy relationship and commit to healing the parts of me that feel unworthy, abandoned, or rejected.	
	I am unlovable	I am Loveable, and I know it!! Everyone is born loveable, others' projections and insecurities were shown to me while growing up.	
	I'm too fat to lose weight, to be accepted	I am acceptable, despite my weight.	
	Everything is out of my control, everyone else makes the decisions and I am not considered	I am making choices. Even handing over power and authority to another is a choice.	
	Nobody understands me	I choose to understand myself first so I can express my likes, needs and desires	
	Money is the root of all evil	Money is an exchange of energy. I give you this in exchange for that. Money is as abundant as I welcome it into my life	
	I will never have....	As I address the wounded parts of myself, and strengthen them, I am becoming whole again. In this wholeness, I can what I choose.	
	Its too late to change	Unless I choose to change, things will stay the same or continue down the path. I choose to learn, heal and take steps towards changes I choose	
	I'm not smart enough	I am still experimenting what my strengths and how to use them.	
	I can't forgive myself	To err is human, and I have had a human moment of weakness. I am learning from my experiences each day.	
	I'm not in the mood to exercise.	Even when I'm not in the mood to exercise, I can still go do it and end up feeling a lot better.	
	I'm not a perfect enough mother	No one is perfect, we are all doing the best we can with the resources we have. I choose to heal my childhood wounds so I parent more from love.	

	I'm too broken to be loved	Every life struggle is an opportunity to give hope to others. I choose to honor my past and celebrate the lessons.	
	My friends/family don't like when I look after myself	I look after myself so I can be the best version of me for others. I look after myself for me, not to please other people.	
	I can only have one or the other. Example fun and no money;	I can still have fun, even when I'm not spending a lot of money.	
	I need to people please to be safe and keep peace.	I choose to honor myself and if need be, remove myself to remain safe and at peace.	
	The only way to be noticed is go the extra mile, even if it means I sacrifice my own needs.	Martyrdom is an unhealthy coping strategy. I choose to respect my needs, instil healthy boundaries and communicate these to others. that	
	No one will like me if I get healthier.	I choose to be healthy for me.	
	People like me better when I toe the line.	People love me for who I am.	
	If I am honest about my needs and what is important people leave me.	I am as worthy as others to have my needs met and be respected.	
	Trusting people is too scary, so I stay single or feel alone.	Trust is earned, and I choose to heal the scared parts of me and be there for myself so I can be open to others as well.	
	I'm a failure.	My past does not define me, or my future. I can and choose to create a different future and use the lessons from my past.	
	I'll never be attractive.	I can let my light shine whenever and however I choose.	
	Everyone will notice me if I lose weight. I don't feel safe being noticed.	I can feel safe when others notice me. I trust myself and my guides to always keep me safe.	
	I don't like it when people look at me.	It's safe for me to be seen.	
	It's the woman/man's job to	Jobs and roles can be negotiated, delegated, and completed by the person with the skill, time and willingness to do the task.	
	To be in a relationship, I have to give up everything I love.	I can do things I love to do and have healthy relationships.	
	To lose weight, I have to stop going out with friends/family.	I can still have a great social life while looking after my health.	

	Looking after my health means giving up everything that's fun.	I can have great health and enjoy my life even more.	
	I can't live without_____.	I can make healthy life choices and still enjoy treats on occasion. (when safe to do so)	
	It's too hard to change.	Change is challenging, and creates many opportunities to learn, grow and create more of what I desire.	Page   21
	I risk losing my family and friends when I look after my needs and interests.	People who love and value me for me can learn and grow together.	
	I hate my body.	I am grateful for all my body has done for me.	
	I'm not supported, I feel so alone.	I am supported – the chair holds me; I have access to resources when I ask for help.	
	I should be able to do it all, and not ask for help	It is safe for me to ask for help. I deserve to receive help to meet my needs. It takes courage to ask for help – I have courage.	
	I'll be alone if I step into more of what I choose to be.	I can have great relationships and friendships at all stages of my growth and healing.	
	I have no self-control.	I have all the self-control I need.	
	I'll never fit in.	I can be myself and be loved.	
	Risk-taking makes me feel strong.	Risk-taking isn't the source of my strength it is my connection to the source and myself is.	
	Being submissive makes me lovable.	I'm always lovable just as I am.	
	I'll be a different person if I start looking after my needs and desires.	I am me.	
	I'm not strong enough to risk losing what is familiar to me.	I am not the first, nor will I be the last, to make changes that are right for me now. If others can do this, I can too.	
	The holidays just won't be the same if I'm not organising it.	When plans are shared, I can experience new and different things. I learn more about myself when I give new experiences a go.	
	I can't live without....	I choose to make more aware choices of my priorities and what I give power to.	
	Food is how I enjoy myself.	I can take pleasure in eating healthy food and in many other things.	
	Eating, smoking, and being in control help me relax.	I can use many other techniques to relax: exercise, meditation, journal writing, and EFT.	
	When I'm in control, life seems easier.	I am developing a way to go with the flow of life experiences and invite others into planning activities.	

	I feel weak if I ask for help or ideas.		My strength comes from inside myself, and I can learn, grow, and have new experiences when I invite others in.	
	Self-reflection is painful.		Self-reflection, while challenging opens up a new world of personal insight, possibilities, insights and aha moments that I can use to my benefit.	
	Reading is boring.		I can choose to learn with audiobooks or set a few pages to read at a time.	
	This is who I am, and I can't change		Change is up there with death and taxes. I can choose to grow and change or stay stuck in the rut.	
	I need to spend money to feel good about myself.		Spending money is a distraction from what I am feeling. I choose to be aware of what needs comforting or to be heard and address this first.	
	I'm weak because I can't control my temper.		Anger is a symptom of ignored painful feelings. I am open to learning what my anger is about and healing this part of me.	
	I'm more comfortable when alone; I don't believe other people like or love me.		I can love myself whether I am with others or not. It is safe for me to connect with others, and I am healing the scared and hurt parts that keep people away.	
	I'm not as clever as others.		We all have our own strengths and ways of relating with the world. There is no one way of shining our strengths.	
	Losing weight is too hard.		I can lose weight in a healthy, balanced, and nourishing way, thanks to tapping.	
	Keeping weight off is too hard.		I can lose weight and keep it off without depriving myself.	
	I don't have enough energy/time to learn new ways of being.		We all have the same amount of time; my activities reflect my priorities.	
	Even my best efforts are not enough		Unrealistic expectations are unreal. I live a life that is balanced, and my best is more than enough.	
	Losing weight means I'm giving into the idea that all women have to be thin.		Feeling good about myself is my #1 priority. I'm losing weight for health and longevity, not for other people.	
	I don't have to be perfect to have friends		Being a good friend is about being the real me, warts and all, and being present.	
	Wearing a mask is easier than being real		It is safe for me to be real, authentic and honest. The real me is lovable, and I love who I really am.	

	I have to do it all because others are not reliable	Doing it all can lead to burnout and being taken advantage of. I can ask for help and be honest with my needs and limitations.	
	I'm a mom/wife/partner, I don't have time for me!	Making time to care for myself makes me an even better mom/ wife/partner.	Page   23
	My kids must come first.	By taking care of myself, I'm showing my kids how to value and care for themselves in healthy and balanced ways.	
	My metabolism just isn't what it used to be.	My metabolism can and will change as I adopt a healthier lifestyle.	
	Ever since I turned years old, it's impossible to do the things I love.	I can learn new interests and experiences that also bring pleasure.	
	My body changed after I had kids.	I am so grateful to my body for giving me children. Now it's time to take better care of myself.	
	I'll never have what I really desire, it just isn't for me.	What I desire is available. It's there for the co-creating; I have things to do and let go first.	
	I have so much to do. I don't have time for real meals.	I can take time to do healthy things that make me feel good, and that includes preparing healthy meals.	
	My work demands too much of me and I feel guilty when I say no.	It is safe for me to create and uphold healthy, balancing boundaries. It is safe to say no as required to maintain my values.	
	I don't believe in depriving my- self.	I don't have to deprive myself of creating a life I love.	
	My life is too busy already.	Eating healthier food, exercising, and taking care of myself are worth the extra time because they give me energy and make me feel so much better	
	My family puts me down for choosing to create a different life.	I can create my life based on my values, and the type of character that brings me joy. It is my life to live it as I choose.	
	When I start to look after myself and set healthy boundaries, they will run!	Looking after our own identity and value is ours to own. What others do is their choice. I am strong, and others' validation isn't required.	
	I have to have my own space more than others.	It is acceptable to have both my own time and quality time with others.	
	I can't live without my favourite foods.	I make choices of which foods to eat to support my health and wellness.	

	Healthy relationships are foreign to me.	I am open to learning the skills to build healthy relationships.	
	Listening, and acting on what brings me joy creates too many problems	Life is too short to be trapped behind others' limitations.	
	I don't have time to explore new ideas or ways.	Making time to explore ideas and activities that bring me pleasure is important, and I choose to make time for it.	
	If I see foods that I love to eat I think I have to eat them.	Even though I see foods I love to eat, I make appropriate choices for my health and wellbeing	
	As soon as I see food, I have to eat it.	I see food as a way of sustaining my body. I choose foods wisely to create and maintain health and wellbeing.	
	I'm always feeling insecure.	Feeling insecure is a signal to explore – am I scared, or is my instinct telling me there is a deeper issue demanding to be noticed?	
	I don't have time for self-care.	Self care is central to wellbeing and I choose to look after myself so I can live my life to the fullest and fulfil my responsibilities	
	I don't fit in with healthy/thin people.	I belong with all kinds of people, regardless of their level of wellness.	
	Everyone stares at me when I exercise.	When I'm feeling self-conscious about exercising, I can use tapping to let go of that, and then enjoy moving my body.	
	Everyone thinks I'm selfish for wanting to look after me.	I am authentic, real, looking after myself and self-compassionate, and giving permission for others to do the same.	