

# Limiting Thoughts/Beliefs

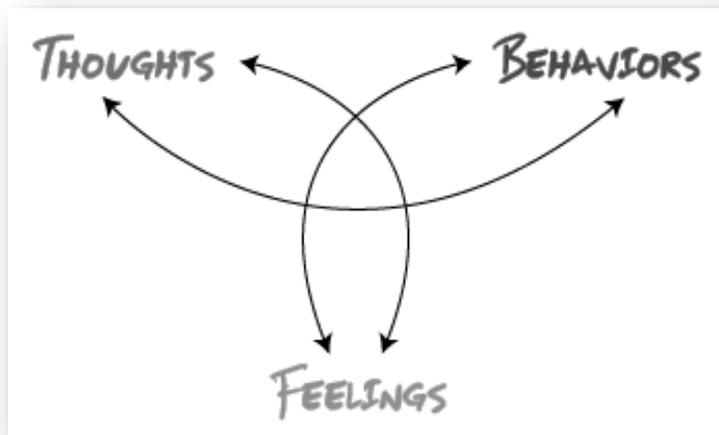
Characteristics	Never	Rarely	Sometimes	Often	Always
<b>Overgeneralization</b> Drawing a broad conclusion from one experience. "Because I flubbed a speech, I am bad at speeches." Or "She always, I never."					
<b>Polarized Thinking</b> Black and white thinking. "All or nothing. Good or Bad. Right or Wrong."					
<b>Filtering</b> Filtering out the positive, which magnifies the negative.					
<b>Assumption</b> Because it happened before, it will happen again. "Last time....so no."					
<b>Mind Reading</b> Crystal Ball with irrational assumptions about people or situations. "I just know what they are thinking or what will happen next."					
<b>Should-ing</b> Imposed unrealistic expectations that lead to guilt. Rules -"should" or "must."					
<b>Blame/Self Blame</b> Focus on what's wrong and who is responsible or Blaming yourself when its not our fault.					
<b>Control Fallacy</b> Something is wrong and believing we could have prevented it/are responsible or Trying to control everything.					
<b>Discounting the Positive</b> When something is good, "It must be luck." or "It's a fluke!"					
<b>Always Being Right</b> Proving self-right, no way to be wrong. Proving others wrong.					
<b>Inner Critic</b> The voice in your head that says you aren't good enough.					

# Feelings

	Never	Rarely	Sometimes	Often	Always
Lonely/ Isolated					
Inadequate/ Insecure					
Doubtful/Skeptical					
Fearful/Scared					
Guarded					
Inept/Foolish					
Inferior					
Useless/Insignificant					
Overwhelmed					
Doomed/Miserable					
Hopeless/Apathetic					
Judgmental/Critical					
Disappointed					
Bummed Out/Sad					
Discouraged/Rejected					
Worried/Anxious					
Frustrated/Angry					
Annoyed/Irritated					

# Actions/Behaviors

	Never	Rarely	Sometimes	Often	Always
Procrastination					
Not going for it					
Perfectionism					
Over-achieving					
Not speaking up					
People pleasing					
Paralyzing/freezing					
Avoiding					
Criticizing/Naysaying					
Giving away my power					
Putting myself last					
Impatience					
Stubbornness					
Lying					
Numb out (TV, Social Media, Alcohol, Smoking)					



# Putting it Together

For each chart, look at the sometimes, often, always columns and circle one item from each page that carries the most energy for you. When finished, you will have one item from thoughts, one for feelings and one for actions/behaviors.

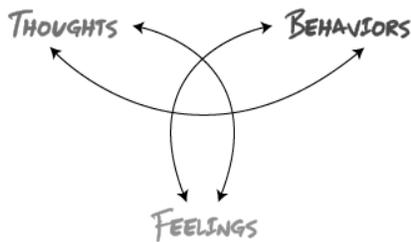
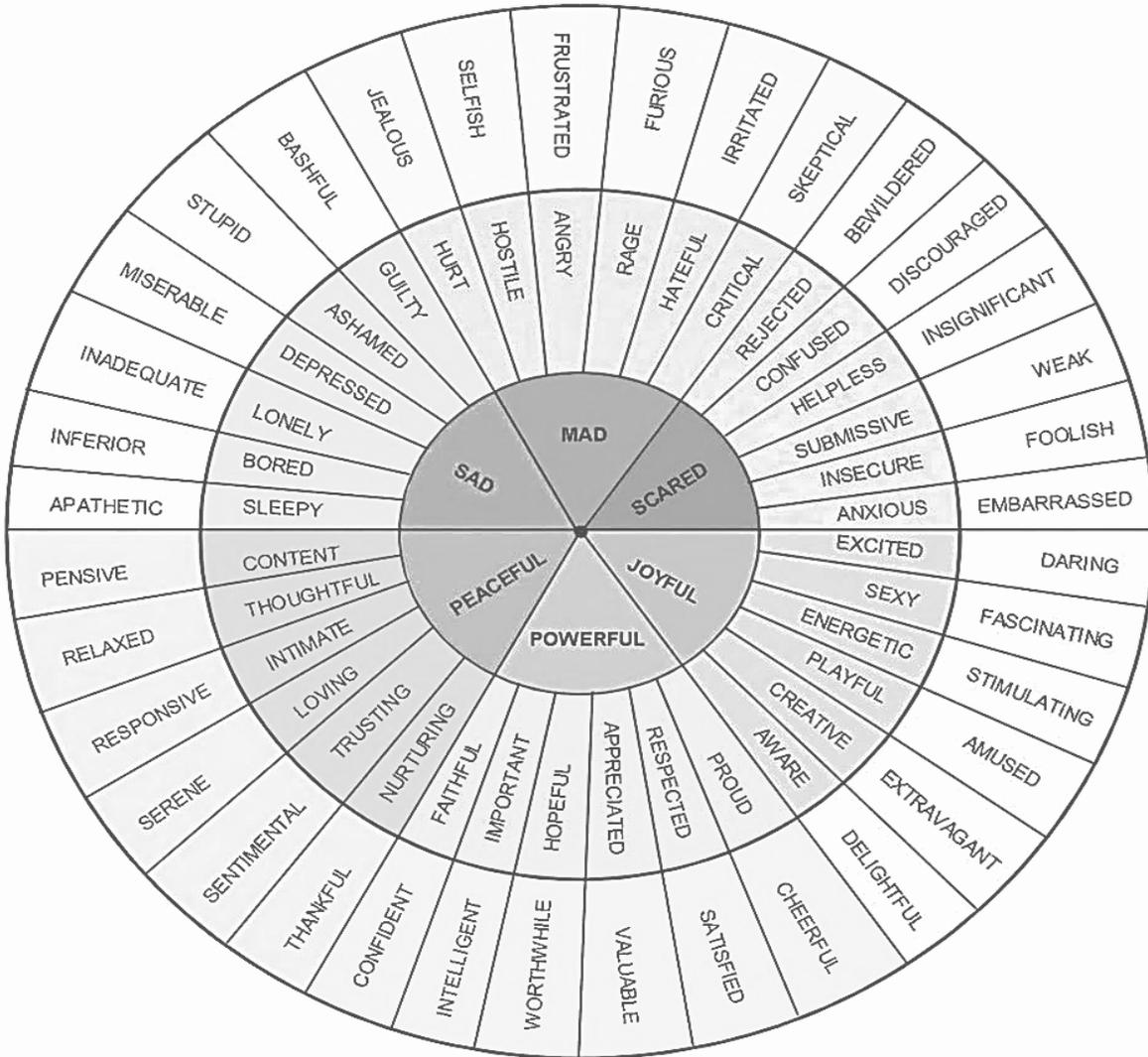
Complete the following Mad Lib (you may have to play with the tense in some words.)  
You can create as many combinations as you'd like to get to know your patterns.

When I THOUGHT I feel FEELING and then I (am) ACTION/BEHAVIOR.

**My limiting belief patterns:**

# Sidestep Tools/Strategies

## Changing Beliefs through Behavior



**Feelings:** What are your current common negative feelings? When I feel that way, how do I show up? Trace diagonally to identify your desired/gap feelings.

**Behaviors/Actions:** If I felt desired/gap feeling, how would I be showing up differently? What would my new behaviors be?

**Thoughts:** If I felt this new feeling and showed up in this new way, what new thoughts/beliefs will I have?

**Test/Measure:** What is my plan to test these new behaviors?

# Expanding and Rewriting Our Beliefs

It can be helpful to uncover limiting beliefs through exploring the words and phrases that you often use about yourself. If you'd like to give it a go, you can run through these prompts quickly and see what shows up. Some of the labels are likely resonant and helpful and some may feel like they're historical and limiting.

I was...  
I can...  
I lack...  
I have...  
I'll never...  
I did...  
I am...  
I'm not...  
I wish...  
I could be...

For any words that are limiting, create new "what's possible" words and phrases. For those that resonate, explore synonyms to see if any new words come up that expand your thinking even more.

I was...  
I can...  
I lack...  
I have...  
I'll never...  
I did...  
I am...  
I'm not...  
I wish...  
I could be...

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**Sometimes, its OK to be a follower...**



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