



Limiting Beliefs Shattered

1. **Make a list of 3 beliefs which have been limiting you.**

Ask yourself what is keeping you from getting what you want?

Sometimes, just the process of writing them down can allow you to begin to realize that they are not really true. As you look at these beliefs, you may become aware that, at one point in time, they were useful for helping you make sense of the world. But perhaps they've passed their use-by date now.

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2. **Make a heading 'Evidence'. - False**

Start to find evidence that these beliefs are FALSE. Write the evidence on the evidence list without decision and judgment. Just write the evidence.

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3. **Begin to think about what sort of beliefs you'd like to have instead of these.**

Make a list of 3 useful, empowering beliefs that will help you to achieve whatever it is that you would want to achieve. Remember to state them in the positive.

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THE CONDITIONS OF A WELL-FORMED OUTCOME
1. **Stated in positives.** - Is described in terms of what is wanted not what isn't wanted.
2. **Sensory based.** - Can be seen, heard, tasted, smelled, etc.
3. **Initiated and maintained by the individual.** - The desired state is under control of the individual and is not dependent on someone else or something else.
4. **Ecological.** - Fits with the person's personality, family system, overall values and goals.
5. **Preserves positive by-product of present state.** - Adds to the existing choice, rather than eliminating aspects of present state that may be useful.
6. **Specific and contextualized.** - Identifies when and how the desired state is wanted.
7. **Includes internal process, internal state, external behavior.** - Imagery, cognitions, submodalities, strategies, behaviors.

4. **Make a heading 'Evidence'. True**

Start to find evidence that these beliefs are TRUE. Write the evidence on the evidence list without decision and judgment. Just write the evidence.

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5. **Pretend that the new positive beliefs are true.**

Pretend until the pretense starts to seem real.

*"You can pretend anything and master it."
- Milton Erickson*

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