



Suzanne McColl, LPC

Identifying & Resolving Your
LIMITING BELIEFS

We all have limiting beliefs--negative or pessimistic ways of viewing ourselves and the world--which often determine how we live our lives sometimes without us even realizing they're at work.

This guide will help you understand both how to IDENTIFY these beliefs in yourself and how to RESOLVE them so that they no longer direct your choices.

First ...



We begin with
IDENTIFYING limiting beliefs.

Then ...

I share 5 Key Strategies
for you to practice
RESOLVING limiting beliefs.



Are you ready to begin?

IDENTIFY YOUR LIMITING BELIEFS

Ok. So you know that limiting beliefs can negatively impact your life and your relationships, but how do you know when you have a limiting belief?

HINT: Limiting beliefs feel irrational and cloud your ability to act in a healthy way. Here are a few suggestions for how to know if you are experiencing a limiting belief:

- You think about challenging life events/relationships and a negative belief about yourself arises;
- You avoid taking action because irrational negative beliefs about your abilities arise;
- You believe that if people knew you they would reject you;
- You worry about rejection from others despite contrary evidence;
- You don't do things because it somehow brings up intense fear, like it's not safe (emotionally or physically).

Notice if your beliefs fit into any of these categories...

1

I'm not worthy,
not good enough,
not smart enough

2

I'm not safe, the
world's not safe

3

I should've known,
I should've done

4

I'm powerless,
I'm helpless

RESOLVE YOUR LIMITING BELIEFS

STRATEGY 1: REFRAME

Reframing your limiting beliefs by transforming a negative thought into one that is more empowering is a powerful strategy for training your mind. You do this by imagining the kindest most compassionate way of viewing yourself in the situation and rather than attributing blame to yourself or others, you see the context that may have contributed toward people's actions.

STRATEGY 2: SELF-TALK

The way we talk to ourselves if we have not resolved limiting beliefs can often be extremely harsh and unloving. By practicing changing your self-talk, you learn to think of yourself with more compassion and kindness and decrease how much you identify with any limiting beliefs about yourself.

STRATEGY 3: EDUCATION

Education can be a powerful tool for helping resolve your limiting beliefs. By learning more about topics that inspire you, this will fuel your self-empowerment.

STRATEGY 4: IDENTIFY YOUR SUPPORT SYSTEM

You don't have to go it alone! Humans are social animals and we are much more likely to achieve success when trying something new if we have the support of a community around us. A few ideas for building your support system include joining a network, sharing your story, and connecting with a professional therapist or coach.

STRATEGY 5: PRACTICE DAILY

The process of resolving your limiting beliefs involves training your brain to follow new patterns of thinking. Just like training for anything else, it requires practice to see results!



SUZANNE MCCOLL, LPC

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Feeling Good in Your Life: Breaking Through Limiting Beliefs

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Suzanne McColl LPC

EMDR Expert & Educator,
Motivational Speaker

<http://suzannemcollllc.com>

