



‘Conscious Mind’ Belief Change Process

(adapted from multiple sources and combined)

1. Write out the limiting belief— take a sheet of paper and write out the limiting belief (e.g. I’m not good enough)
2. Dispose of it—use a ‘non-retrievable’ method of disposal. For example: open fire or shredder.
3. Write out the new empowering belief—the opposite of #1 (e.g I’m totally good enough or I’m absolutely good enough). Ensure that the client writes it in a way that works for them—a way they could get excited about!
4. Client considers what it would be like to have that new belief—Coaching questions are asked to keep the client ‘trying on’ the new empowering belief. Questions might include for example:
 - how would to stand if that were true?
 - what would you be saying to yourself if that were true?
 - what would you be doing if that were true?
 - how would your world look differently if that were true?
 - how would you be talking to others differently if that were true?
 - etc. etc. etc

NOTE: client will initially reject the idea by saying something like “yes, but that’s not what I believe” - you challenge with ... “**But**, what if [it were/you could etc]?” and get then to keep trying it on.

5. Setting intention—ask client to set their intention to read the new empowering belief EVERY day and keep trying it on. Put it somewhere the client will see it easily—e.g. mirror what put make up on, straighten hair, shave etc.