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## **Limiting Beliefs Worksheet**

The limiting beliefs technique is used to clear a belief that prevents us from what we want in life.

1. Once you know what the limiting belief is, write it down \_\_\_\_\_.
2. Say the limiting belief out loud and ask yourself how true it is on a scale of 1 to 10, where 10 is true and 1 is not true at all (known as VOC or Validity of Cognition). Write down the intensity, \_\_\_\_\_.
3. Then ask yourself, *"Where do I feel this limiting belief in my body?"* Write it down, \_\_\_\_\_.
4. Then start tapping, *"Even though I have this \_\_\_\_\_ (limiting belief) and it makes me feel \_\_\_\_\_ (feeling) and it's a \_\_\_\_\_ on 10 (VOC or truth scale) and I can feel it in my \_\_\_\_\_ (body part), I deeply and completely love and accept myself."* Repeat 3 times and complete the tapping rounds of the facial and upper body points. Tap till the VOC comes down by one point or around a 7. If it's already at a 7, then one round of tapping should be sufficient.

5. When the VOC has come down and it's manageable, ask yourself, *"When have I felt like this before?"* How old was I? And what was happening?" You have just uncovered a memory, or a series of memories associated with the feeling and belief.
6. Start the tapping protocol using simplified tapping by tapping on the Karate Chop point by saying *"Even though I have this \_\_\_\_\_ (incident/event/memory name) and I can feel it in my \_\_\_\_\_ (body part) and it is a \_\_\_\_\_ on 10 (1, 2, 3 etc. on 10) and it makes me feel \_\_\_\_\_ (name of feeling or sensation), I love and accept myself."*
7. Then repeat the sequence a second time, *"Even though I have \_\_\_\_\_ (incident/event/memory name) in \_\_\_\_\_ (name of body part) it's a \_\_\_\_\_ (number) on 10, it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway."*
8. And finally repeat the tapping sequence a third time, *"Even though I have \_\_\_\_\_ (incident/event/memory name) in \_\_\_\_\_ (name of body part) it's a \_\_\_\_\_ (number) on 10, it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway"*.
9. Then tap on the facial and upper body points using the reminder phrase (the phrases that includes information on the story name, number and feeling), while saying the reminder phrases out loud:
  - Eyebrow point: *this \_\_\_\_\_ (incident/event/memory name)*
  - Side of the Eye/Temple: *number \_\_\_\_\_ (SUDs)*

- Under the Eye: *so \_\_\_\_\_ (feeling or sensation)*
- Under the Nose: *makes me feel so \_\_\_\_\_ (feeling or sensation)*
- Chin: *this \_\_\_\_\_ (incident/event/memory name)*
- Collarbone: *it makes me feel so \_\_\_\_\_ (feeling or sensation)*
- Thumb: *I just feel so \_\_\_\_\_ (feeling or sensation)*
- Index finger: *in the \_\_\_\_\_ (body part)*
- Middle finger: *this \_\_\_\_\_ (incident/event/memory name)*
- Little finger: *so \_\_\_\_\_ (feeling or sensation)*

10. Close the sequence by tapping on the Karate Chop, *“Even though I have \_\_\_\_\_ (incident/event/memory name) in \_\_\_\_\_ (name of body part) it’s a \_\_\_ (number) on 10, it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway.”*

11. Take a gentle breath in and out and then a sip of water.

12. Now test the truth scale of the belief again. Say the belief out loud again, *“ \_\_\_\_\_ ”* (the limiting belief) and ask yourself, *“How true is the belief now on a scale of 1 to 10, where 10 is true and 1 is not true at all.”* Repeat from 4-11 as needed. The belief has to come down enough where it no longer feels true. For some people this can mean it’s down to a 5 or 3. It does not have to be a 0.

13. When the limiting belief no longer feels true to you or it feels like you have moved on from it then you will do a simple scramble process, also known as

argument tapping, where you say your statement on the limiting belief and the opposite of the limiting belief. Start by tapping on the side of the hand (Karate Chop), *“Even though I have this belief \_\_\_\_\_ (limiting belief) and it’s a number \_\_\_\_\_ (new lower number) and it makes me feel \_\_\_\_\_ (feeling), I am open to the possibility of feeling \_\_\_\_\_ (the opposite feeling).”*

14. Then the second round of tapping on the side of the hand (Karate Chop), *“Even though I thought \_\_\_\_\_ (limiting belief), that was then and this is now, I am open to the possibility of \_\_\_\_\_ (opposite of belief)”.*

15. Then tap on the facial and upper body points while saying the reminder phrases out loud:

- Top of head: \_\_\_\_\_ *opposite of limiting belief, for example I can do it*
- Eyebrow point: \_\_\_\_\_ *limiting belief, for example I cannot do it*
- Side of the Eye/Temple: \_\_\_\_\_ *opposite of limiting belief*
- Under the Eye: \_\_\_\_\_ *limiting belief*
- Under the Nose: \_\_\_\_\_ *opposite of limiting belief*
- Chin: \_\_\_\_\_ *limiting belief*
- Collarbone: \_\_\_\_\_ *opposite of limiting belief*
- Thumb: \_\_\_\_\_ *limiting belief*

- Index finger: \_\_\_\_\_ *opposite of limiting belief*
- Middle finger: \_\_\_\_\_ *limiting belief*
- Little finger: \_\_\_\_\_ *opposite of limiting belief*

16. You will find that at the end of the argument tapping rounds you will feel lighter, more relaxed and might even be smiling or laughing. Once this is complete, ask yourself what new and empowering belief you would now like to choose for yourself, now that the old belief is no longer there. Write it down \_\_\_\_\_.

17. Then do a round of positive tapping. Begin the set up by tapping on the Karate Chop, “*Even though I had this belief \_\_\_\_\_ (say the limiting belief) that was then and this is now, I am open to the possibility of choosing \_\_\_\_\_ (new empowering positive belief), I love and accept myself.*”

18. After tapping on the Karate Chop, tap on the facial and upper body points using the reminder phrases:

- Top of the head: *I choose \_\_\_\_\_ (positive belief)*
- Eyebrow point: *I love feeling \_\_\_\_\_ (positive belief)*
- Side of the Eye/Temple: *I am so happy I feel \_\_\_\_\_ (positive belief)*
- Under the Eye: *I choose \_\_\_\_\_ (positive belief)*
- Under the Nose: *I am so happy I feel \_\_\_\_\_ (positive belief)*

- Chin: *I am so happy I feel \_\_\_\_\_ (positive belief)*
- Collarbone: *I choose \_\_\_\_\_ (positive belief)*
- Thumb: *I am so happy I feel \_\_\_\_\_ (positive belief)*
- Index finger: *I am open to the possibility of \_\_\_\_\_ (positive belief)*
- Middle finger: *I choose \_\_\_\_\_ (positive belief)*
- Little finger: *I love feeling \_\_\_\_\_ (positive belief)*

19. Close the sequence by tapping on the side of the hand (Karate Chop), “*Even though I had this belief \_\_\_\_\_ (say the limiting belief) that was then and this is now, I choose \_\_\_\_\_ (new empowering belief), I love and accept myself.*”

20. Now close your eyes and step into the future a day from now, staying connected to that old belief. Breathe how you are breathing and feel how you are feeling and notice how you feel when you are connected to your new empowering belief. How do you feel in yourself and how do you feel in life? Notice all that is possible now.

21. As part of your daily homework say the positive affirmations daily for 30 days:

- Top of the head: *I choose \_\_\_\_\_ (positive belief)*
- Eyebrow point: *I love feeling \_\_\_\_\_ (positive belief)*

- Side of the Eye/Temple: *I am so happy I feel* \_\_\_\_\_ *(positive belief)*
- Under the Eye: *I choose* \_\_\_\_\_ *(positive belief)*
- Under the Nose: *I am so happy I feel* \_\_\_\_\_ *(positive belief)*
- Chin: *I am so happy I feel* \_\_\_\_\_ *(positive belief)*
- Collarbone: *I choose* \_\_\_\_\_ *(positive belief)*
- Thumb: *I am so happy I feel* \_\_\_\_\_ *(positive belief)*
- Index finger: *I am open to the possibility of* \_\_\_\_\_ *(positive belief)*
- Middle finger: *I choose* \_\_\_\_\_ *(positive belief)*
- Little finger: *I love feeling* \_\_\_\_\_ *(positive belief)*