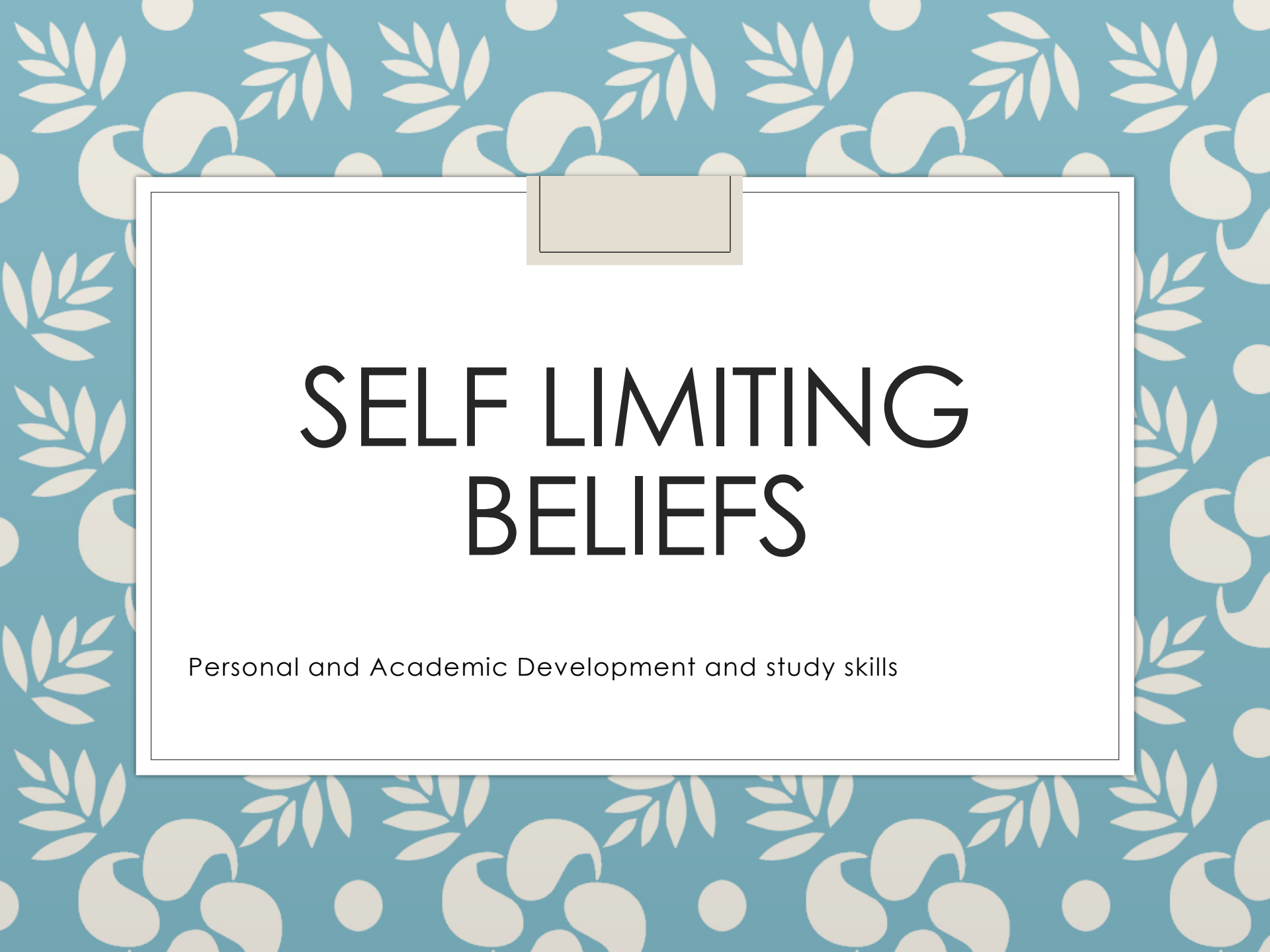




SELF LIMITING BELIEFS

Personal and Academic Development and study skills

Recognising self limiting beliefs.

- Limiting-beliefs are ideas that hold you back, ideas that keep you from becoming the person you want to be or doing the things you want to do.
- Most of the time, they are not even true; they are **myths** that we let control our lives.
- Many times, we are not even consciously aware that we have these beliefs.
- They often exist in our subconscious, directing our automatic judgments and influencing our decisions.



Self limiting beliefs.

- These beliefs are usually acquired in childhood, through parenting and school experiences.
- Whilst an adult may have acquired an adult's intellect, they may still be operating from beliefs acquired, most likely, subconsciously or without adult self-reflection, at a very young age.

How Do You Know if You Have Limiting-Beliefs?

- If you have ever found yourself saying "I can't" or "There's nothing I can do" or even if you catch yourself using words like *never*, *always*, *all*, and *none* then you probably have some limiting-beliefs.
- If you feel that your life is not how you want it and you feel helpless or hopeless about it, then you probably have limiting-beliefs.



Examples of Limiting-Beliefs and Influenced Decisions

- I have always been poor, and I will always be poor, so there is no point in trying to earn more money.
- I am not lucky, so I will not try anything that requires luck.
- Anyone who is athletic is competitive and dominating, so I do not want to do things that are athletic.
- I cannot trust anyone else to do the job as well as I can, so I have to do everything myself.
- Anyone who looks stylish and attractive is shallow and vain and usually stupid, so I would rather just look average.

How Can I Recognize Limiting-Beliefs?

- The first indication that you have a limiting-belief is a feeling.
- Sometimes you may feel anxious or angry when faced with something that you have limiting beliefs about.
- Sometimes you may just feel overwhelmed, irritated, or depressed without knowing why.

How Can I Recognize Limiting-Beliefs?

- When you notice that you are having uncomfortable feelings, stop what you are doing and ask yourself, "Why?"
- "Why does being around certain people make me feel uncomfortable?"
- "Why do I get angry when I have to go to work?"
- "Why do I feel anxious whenever I have to talk to my relatives?"



- **Exercise:** Either close your eyes or look to the floor and think of something you 'SHOULD', 'OUGHT' or 'MUST DO'.
- Notice what you are feeling inside. Do you feel anxious, annoyed, sad or happy?
- **Exercise :** Either close your eyes or look to the floor and choose one of these phrases, ' I would like to do it, I want to do it, it is in my best interest to do it'
- What are you feeling now inside?

Self Limiting Beliefs: Concerning Self

- **Examples:** “I am not good enough”
- “I am not smart enough”
- “Other people’s needs are more important than mine”
- “I don’t have enough time”
- **Exercise:**
- In groups of 3 or 4 discuss and list some of the very common self-limiting beliefs you might have about yourself
- Feedback from groups.

Fixed mindset vs growth mindset



The End

