

# Eliminating Limiting Beliefs and Perceived Barriers

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the Fasting Method

# Just what are limiting beliefs ...

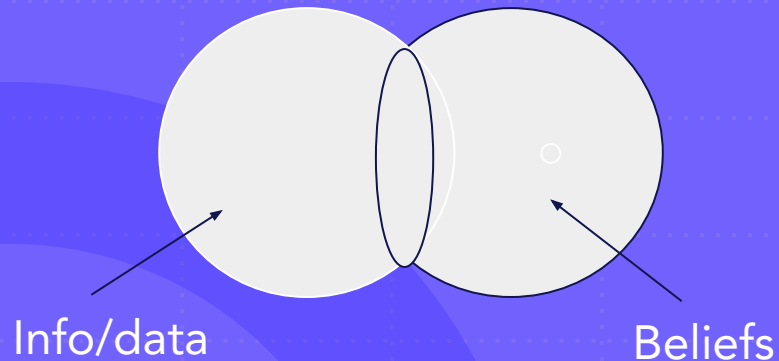
- Limiting beliefs are thoughts we hold that tend to prevent us from seeing our abilities, potential, and possibilities accurately
  - Are typically negative in nature (about ourselves, others, the world)
  - Often serve as barriers to pursuing our dreams, goals, and even seeking what we need
- What limiting beliefs are tainting your sense of your ability to heal your health or lose weight?
  - Genetics or family destiny/curse
  - That you can only succeed short term
  - Other people have it easier
  - Life isn't fun if I make changes



# How our limiting beliefs are created and why they stick...

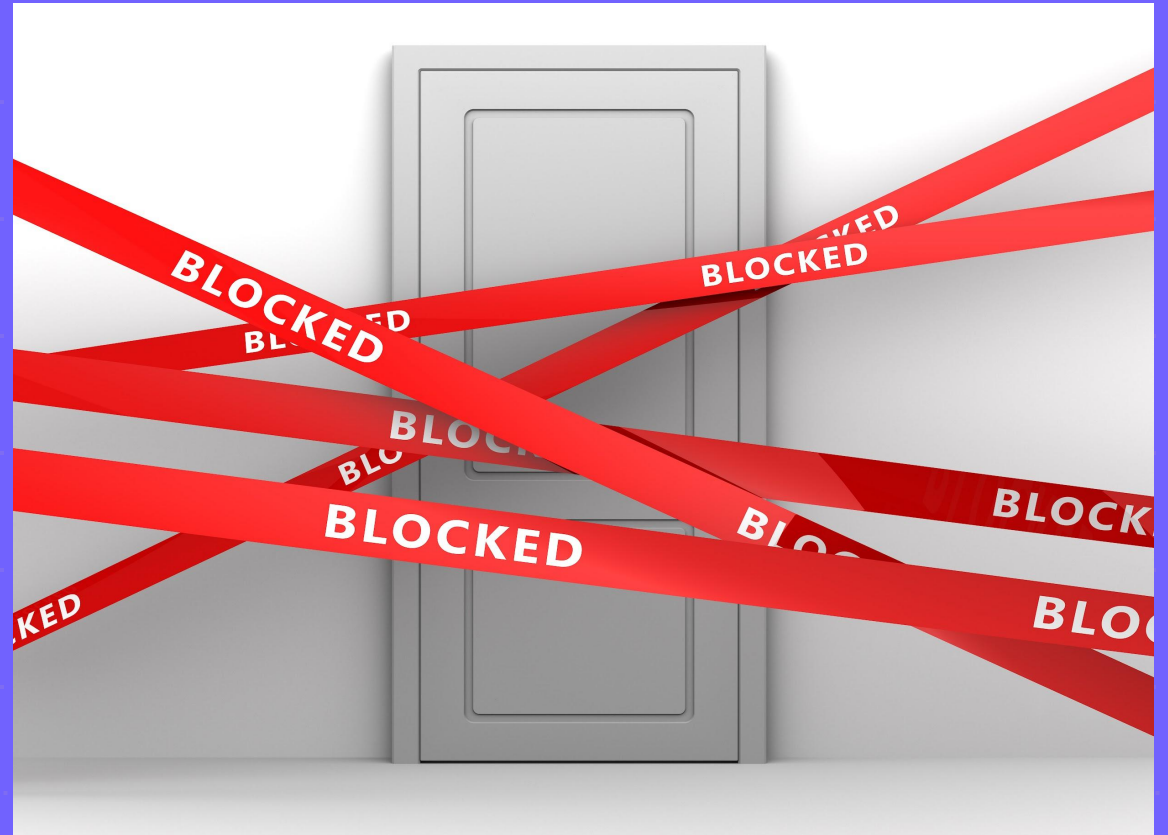


- Often come from early in our development
  - Our early brains are like sponges and lack sophistication
  - Important others may have shared them with us
  - Often based on our early interpretation of things
- We then internalize them as TRUTH with PROOF
  - Have often been reinforced many 1000s of times
  - Confirmation bias encourages us to seek evidence to prove they are true
- Easier for our brain to hold negative information
  - For self-protection and survival purposes
  - Positive emotional states like joy and excitement are secondary in importance



# Perceived barriers...

- Important here to emphasize the word PERCEIVED
  - They do not have to be your reality even if they are true
  - If you can acknowledge that they are perceived and not actual, you can change the perception
- I encourage you to look at the word BARRIER
  - “a fence or other obstacle that prevents movement or access”
  - “the starting gate of a racecourse”
  - “a gate at a parking lot that controls access by being raised or lowered”



# We have the ability to change limiting beliefs...



- They are not permanent
  - Neuroplasticity demonstrates that we can change neural pathways
  - That which has been learned or created can be unlearned or released
- It requires active attention to interrupt these habits of thought
- You may need to question the source and validity of your limiting beliefs
- You can rewrite the script of limiting beliefs

# Popular cognitive distortions that add to limiting beliefs or perceived barriers...

- Polarization or all-or-nothing thinking
- Overgeneralization
- Discounting the positive
- Catastrophizing
- Personalization
- Control fallacies
- Blaming
- Shoulds
- Emotional reasoning
- Fallacy of change
- Global labeling



# Living as if you hadn't learned limiting beliefs or could see barriers as controllable...



- Run your thoughts through a positive or neutral filter
- Visualize how you can maneuver or work around barriers
- Define the beliefs you want to shape your reality
- Use a growth mindset (i.e., "I haven't achieved this YET", instead of a fixed mindset I will fail if I try this again.")
- Continue to prune your brain's neural pathways—cutting the weeds to make room for the flowers