

# **A Quick Belief Change Method: Thirty minutes can change your life!**

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## **What causes us to repeat the same patterns over and over in our lives?**

What stops us from changing?

What limits us and prevents us from realising our potential?

The answer is simple: Our beliefs.

Our beliefs are the lens through which we view ourselves and reality. We mistake them for truth instead of realising they are just a limited perspective.

Our state of mind, how we feel, our self-identity, our success and our behaviour are all founded upon fundamental beliefs which we are holding to be true.

We often think that our life would be better if such and such a thing were to happen: win a load of money, find a partner, get a better job, lose some weight, develop more confidence. And there might be some truth to that; our lives might improve as a result of such things. But .....

**The magic wand that really changes our lives is to change our limiting core beliefs.** Once limiting core beliefs are changed, our lives automatically start to change to reflect our new belief patterns. And almost instantly, we feel better.

Limiting Core Beliefs are fundamental limiting assumptions we hold to be true and include: “I am not good enough, I am not loveable, I am not capable, I am a failure, Nobody finds me interesting, I am not enough, Life is scary, The world is a bad place, I have to be perfect, You have to look out for yourself, There is not enough to go round, People are out to get you” etc. There are literally hundreds of core beliefs though the above are quite common ones.

**Once you have a limiting core belief, it is like having a virus in your system.** It permeates your life and becomes a self-fulfilling prophecy. It feels absolutely real. The subconscious mind treats any belief as a programme through which to perceive reality. It then has to keep proving to itself that the belief is true and so it causes behaviours and ways of thinking and feeling which seem to affirm the belief. For example, if you feel you are not loveable, you are likely to attract a partner who treats you badly, but the belief will tell you it is your fault because you are just not loveable, and round it goes. Or maybe you attract a partner you treats

you well, but your belief that you are not loveable causes you to keep pushing that partner away until they leave you, once again reaffirming the belief that you are just not loveable.

**How do beliefs come about?** Most beliefs are formed during childhood. They arise from a misperception and lack of understanding of what is going on simply because a child's mind is not yet developed enough to deeply understand. For example, if you are two years old, and your mother is suddenly spending most of her time with a newly arrived baby, you might come to the false conclusion that she prefers the new born baby over you and that means in some way that you are not loveable or good enough.

As long as a limiting core belief persists, you will keep repeating the same patterns in your life. This will lead to limitations in how successful you can be in relationship to finance, relationships, career, sports, how you feel about yourself and how comfortable you feel with life. Limiting beliefs are also often the basis for anxiety, panic disorder and depression.

### **So, what to do?**

Over the years, I have learnt many techniques to change beliefs, some of which are drawn from Brief psychotherapy, Hypnotherapy, NLP, Coaching etc. Some people will need the help of a therapist or a coach. But other people, if they are determined and persistent will succeed in changing beliefs themselves. "People don't really change, or Change is difficult" are also beliefs, so please suspend them for now if you want to try the below method. The below method will take you around 30 minutes, so set aside some time. It will be worth your while!

1. Changing beliefs is at the very heart of what I do with my clients. The first step of course is to **identify what the limiting beliefs are**. There are two approaches you can take (You will want to sit down quietly for 10 to 20 minutes to do this):
  - a. Take an area of your life that isn't working well and ask yourself, "what must I believe to be causing this to happen in my life". Then simply write down everything that comes to you. You will probably arrive at a set of beliefs, one or two of which will be the core belief and the rest will be periphery beliefs. For example, if you are self-employed and your business keeps failing, you might come up with: "I am a failure, nothing I do ever works, making money is hard, I am not good enough, I don't have what it takes to succeed, nothing good will ever come of me etc" . Then pick out the belief or beliefs that really resonate.
  - b. Sit down, close your eyes and connect in to yourself, feeling your feelings, noticing your thoughts etc. Then ask, "if there is something I believe about myself at the very core, that is holding me back, which feels real and is maybe always or often there in the background, WHAT IS THAT BELIEF? "

2. **Recognise that beliefs are not real!** What is a belief? When you look closely at a belief, you will find a thought pattern which makes up a concept. This thought pattern is then felt in the body which makes the belief seem/feel real. Through identification with a belief, the belief seems to be a part of us, so it really feels true that “ I am not good enough, or I will never make a success of my life or whatever the belief is.” This is pure illusion. From a “brain” point of view, a thought pattern is just a neuropathway (brain cells connecting to other brain cells by means of electricity and chemicals). The more often you fire one particular pattern, the more embedded the pathway becomes. So from a brain perspective, the belief feels real because the brain is used to following that route and behaves as if it is true. Thoughts seem to tell us about reality. But actually thoughts are just thoughts; they have no power of their own (if you watch them for long enough you will see that come from nowhere and return to nowhere). We actually create our realities through our thinking. (once you have the thought, “I am not good enough” and identify with that thought, you will have the feeling of not being good enough, which in turn will result in you behaving in a way which demonstrates the truth of your belief).
  
3. **Ask yourself, “is this belief useful”?** This question in itself, even without the preceding step can be enough to rob a belief of its power. Once you realise that a belief determines how your life is going to work out and that beliefs are merely thoughts, why not allow yourself to become familiar with a new thought pattern? So you can ask, “ is it really useful for me to continue to believe that I am not good enough, knowing the consequence of that, or will I simply imagine and feel the new belief, “ I am good enough and perfect just as I am “. So once you have recognised a belief as being unhelpful, however real it feels, you just decide to stop identifying with it and you have the intention to have a more useful belief. You ask what would be more useful and then ....
  
4. **You imagine what the more useful belief would feel like.** You might draw upon past positive memories, people you know, movies you have seen, until you can visualise yourself and feel yourself having the new belief. At this stage you will have shifted into a new state of mind and will be feeling pretty good. Also, your brain will have created a new pathway.
  
5. Now your job is to **recondition your brain with the new belief.** For this you will to be mindful. Every time your brain starts to generate the old belief, catch it in the act, recognise what is happening, and like retuning a radio to a different broadcast, intentionally shift your mind to the more useful belief until you can feel it. At first you might do this very frequently. After a few days it will much less and within a month you will have significantly changed a life time of a limiting belief.

Does this technique work? Does it work with deeply ingrained beliefs? It certainly does. It is a question of having the intention to change, being determined and being persistent. Good luck!

**Steven**

**Disclaimer:** The above is not intended to be medical advice. If you have a mental health problem you should consult with an appropriate professional. Working with the “mind” can sometimes release suppressed memories in which case you should consult an appropriate professional and suspend belief change work.