



***Self limiting
beliefs***

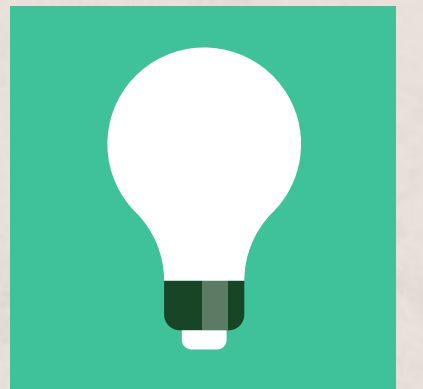
OUR BELIEFS

OUR BELIEFS ARE
ASSUMED TRUTHS. THEY
ARE OUR INNER
STATEMENTS ABOUT
OURSELVES IN WHICH
WE ARE EMOTIONALLY
INVESTED. THEY ARE
DESCRIPTIONS OF OUR
IDEAS ABOUT REALITY.

They have been with us since
childhood.



They are different from facts.



Many things have shaped them.





THEY ARE UNDERCURRENT THAT HAS
INFLUENCED MUCH OF WHO WE ARE
TODAY



Work
hard!

Burn
out
for
hours!

Be
committed
to your
job

OUR SELF-LIMITING BELIEFS

We develop limiting beliefs to protect us from future pain.

WE CREATE OUR GENERALISATION ABOUT LIFE.

They become deeply embedded in our subconscious.

INFLUENCERS OF WHAT WE DO, SAY & THINK.

They are holding us back.



***"It's the story you've been telling
yourself about who you are and
how everything always plays
out."***

JOHN SHARP,
PSYCHIATRIST AND
HARVARD MEDICAL SCHOOL
PROFESSOR

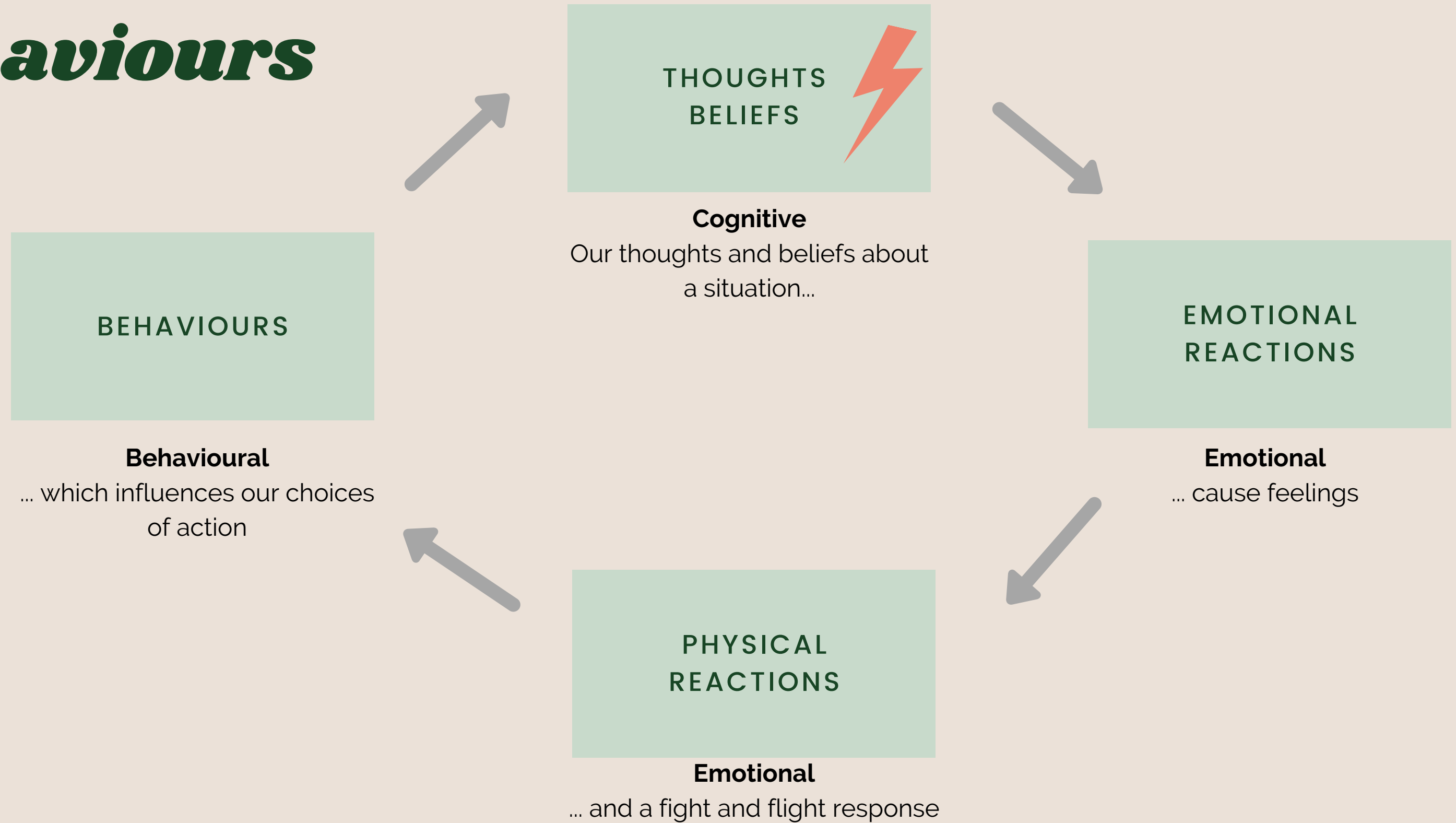


"There is nothing either good or bad, but thinking makes it so."

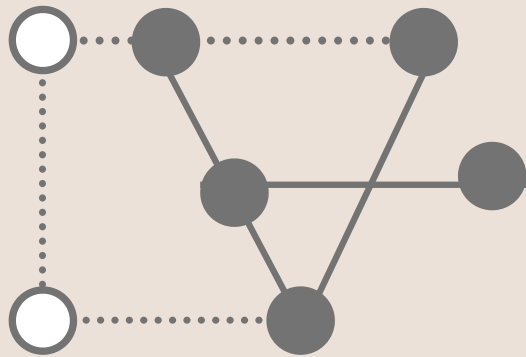
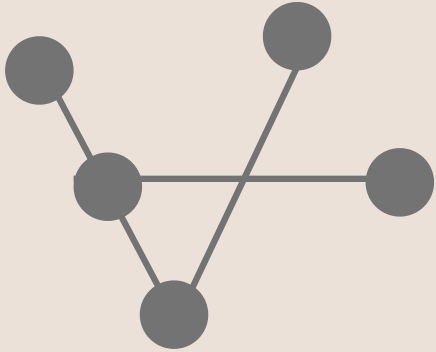
SHAKESPEARE (HAMLET)

- We have in average 6000 thoughts a day
- 70 to 80% are negative thoughts
- 9 out of 10 were exactly the same repetitive thoughts as the day before

Changing our behaviours



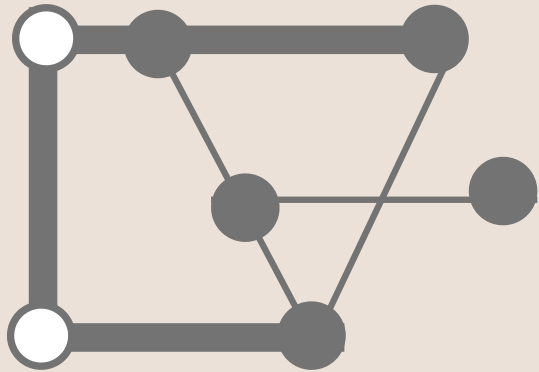
Neuroplasticity



New skills, experiences and thoughts create new neural connections



WE PRACTISE AND REPETE BELIEVING THIS NEW THOUGHT



Repetition and practice strengthen new neural connections

Common beliefs

- I'm too fat/thin.
- My partner doesn't care about my work.
- I have to work hard.
- Women shouldn't be so emotional.
- There's always something wrong with me.
- I can achieve anything I want.
- My family always comes first.
- I know what is best for myself.
- My boss should appreciate me.
- I can't leave my job/my company.
- I'm angry at my kids when they play video games for too long.
- I can't get a leadership role and be a good mum at the same time.
- She's got amazing strengths while mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents should love their children.
- I'm worried about my partner's relationship with our kids.
- It's my job to make you happy.
- Others are better than me at public speaking.
- I need to be in control.
- There's too much to do.
- There isn't enough time.
- Others shouldn't be angry.
- I know what others need.
- I need to be at my best all the time.

Look for... limiting judgment

- I'm too fat/thin.
- My partner doesn't care about my work.
- I **have to** work hard.
- Women **shouldn't** be so emotional.
- There's always something wrong with me.
- I can achieve anything I want.
- My family always comes first.
- I know what is best for myself.
- My boss should appreciate me.
- I can't leave my job/my company.
- I'm angry at my kids when they play video games for too long.
- I won't get a leadership role and be a good mum at the same time.
- She's got amazing strengths while mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents **should** love their children.
- I'm worried about my partner's relationship with our kids.
- It's my job to make you happy.
- Others are better than me at public speaking.
- **I need to** be in control.
- There's too much to do.
- There isn't enough time.
- Others shouldn't be angry.
- I know what my kids need.
- I need to be at my best all the time.

Look for... limiting assumptions

- I'm too fat/thin.
- My partner doesn't care about my work.
- I have to work hard.
- Women shouldn't be so emotional.
- There's always something wrong with me.
- **I can** achieve anything I want.
- My family always comes first.
- **I know** what is best for myself.
- My boss should appreciate me.
- **I can't** leave my job/my company.
- I'm angry at my kids when they play video games for too long.
- I **won't** get a leadership role and be a good mum at the same time.
- She's got amazing strengths while mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents should love their children.
- I'm worried about my partner's relationship with our kids.
- It's my job to make you happy.
- Others are better than me at public speaking.
- I need to be in control.
- There's too much to do.
- There isn't enough time.
- Others shouldn't be angry.
- **I know** what my kids need.
- I need to be at my best all the time.

Look for... limiting qualifications

- I'm **too** fat/thin.
- My partner doesn't care about my work.
- I have to work hard.
- Women shouldn't be **so** emotional.
- There's **always** something wrong with me.
- I can achieve anything I want.
- My family always comes **first**.
- I know what is best for myself.
- My boss should appreciate me.
- I can't leave my job/my company.
- I'm angry at my kids when they play video games for **too long**.
- I can't get a leadership role and be a good mum at the same time.
- She's got amazing strengths while mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents should love their children.
- I'm worried about my partner's relationship with our kids.
- It's my job to make you happy.
- Others are better than me at public speaking.
- I need to be in control **in any situation**.
- There's **too much** to do.
- There isn't enough time.
- Others shouldn't be angry.
- I know what others need.
- I need to be at my best all the time.

Look for... limiting emotions

- I'm too fat/thin.
- My partner doesn't care about my work.
- I have to work hard.
- Women shouldn't be so emotional.
- There's always something wrong with me.
- I can achieve anything I want.
- My family always comes first.
- I know what is best for myself.
- My boss should appreciate me.
- I can't leave my job/my company.
- **I'm angry at** my kids when they play video games for too long.
- I can't get a leadership role and be a good mum at the same time.
- She's got amazing strengths while mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents should love their children.
- **I'm worried about** my partner's relationship with our kids.
- It's my job to make you happy.
- Others are better than me at public speaking.
- I need to be in control.
- There's too much to do.
- **I'm afraid** there isn't enough time.
- Others shouldn't be angry.
- I know what others need.
- I need to be at my best all the time.

Look for... limiting comparisons

- I'm too fat/thin.
- My partner doesn't care about my work.
- I have to work hard.
- Women shouldn't be so emotional.
- There's always something wrong with me.
- I can achieve anything I want.
- My family always comes first.
- I know what is best for myself.
- My boss should appreciate me.
- I can't leave my job/my company.
- I'm angry at my kids when they play video games for too long.
- I can't get a leadership role and be a good mum at the same time.
- She's got amazing strengths **while** mine are unhelpful.
- I am right.
- I need to stay strong.
- Parents should love their children.
- I'm worried about my partner's relationship with our kids.
- It's my job to make you happy.
- **Others are** better than me at public speaking.
- I need to be in control.
- There's too much to do.
- There isn't enough time.
- **Others** shouldn't be angry.
- I know what others need.
- I need to be at my best all the time.



BECOMING AWARE OF SELF LIMITING BELIEFS

LIMITING JUDGMENTS

"I have to...", "I should...", "I need to..."

LIMITING ASSUMPTIONS

"I can...", "I know...", ..

LIMITING QUALIFICATIONS

"too...", "enough..", "always..."..

LIMITING EMOTIONS

"worried...", "angry...", "upset..." ,

LIMITING COMPARISONS

"others...", "better than...", "not good as..." .

OUR BELIEFS

BEFORE THE NEXT
SESSION, I INVITE YOU
TO MAKE A LIST OF:

- RECURRING
THOUGHTS,
- AREAS WHERE YOU
FEEL STUCK,
- COMMON BELIEFS
YOU MAY HAVE
HEARD FROM ADULTS
IN YOUR CHILDHOOD.

Think about areas where you feel
"stuck" or it may be too hard.



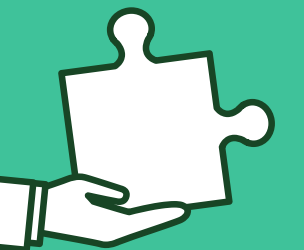
Pay attention to your inner chatter &
inner critic.



Try to be aware of issues that
present again & again.



Observe your language patterns and
recurring thoughts.



***"The brain is wider than
the sky."***

EMILY DICKINSON
(1830-1886)

WE INCLUSIVE

DIVERSITY & INCLUSION ADVISORY