



## Beliefs and the Body

### EXPLORING BELIEFS THAT HOLD YOU BACK

**Purpose:** To discover and challenge beliefs that hold you back from achieving something you want in your life, and to practice a movement or posture that challenges that limiting belief.

**Directions:** Think of something in your life that you want to accomplish that eludes you. Maybe it is success at work, being in a committed relationship, going back to school, or building a good support system. Use this worksheet to identify the beliefs that hold you back and explore movements and thoughts that might help to change those beliefs.

1. Describe something you want in your life that eludes you. (e.g., *I want to have more friends.*)

2. Identify a belief that holds you back from achieving what you identified in #1. (e.g., *I don't matter.*)

3. Describe the childhood situation(s) that led you to form that belief. (e.g., *Parents divorced; lived with Mother and she was always off doing things with other people. She never had time for me.*)

4. How did the belief help you in that situation? (e.g., *Believing, "I don't matter," led me to stop wanting attention from her. I avoided disappointment and learned to be on my own.*)

5. How does your body reflect the belief now? (e.g., *My shoulders tighten and come up, I duck my head, and my knees lock. My stomach feels tight.*)

6. Explore a small change you could make in the way your body holds the limiting belief. (e.g., *I lift my chin a bit and drop my shoulders a little.*)

7. Identify what this small change might communicate to the part of you that had formed the old belief. (e.g., *You deserve attention.*)

8. Say those words that you discovered in #7 to yourself or aloud. Be aware if there is any part of you that does not believe these words. If so, change the words so that they are believable. What happens? (e.g., *My stomach tightened when I said the words, "You deserve attention." The words that are more accurate and believable are, "You deserve attention, but sometimes you will be disappointed. But that does not mean you have to always be on your own." Then my stomach relaxes and my knees let go a bit. These words make it easier for my chin to lift and my shoulders to relax.*)

9. Continue with this movement and the new thought, and think about what you want that you described in #1. Describe your experience.