The Six Step Walking Belief Change Process

As we discussed earlier, most of our core beliefs were formed when we were very young - from birth to 3 years old. Additional and supplemental beliefs were formed up until the age of 7. When you're that young, you don’t have the same abilities and resources to discern right from wrong as an adult. That means that you accept things totally and completely without question. Whatever people said or did became a big part of your world.

An example is a child who was always yelled at when authority figures were around. This child might have formed a belief that she must remain hidden so as not to be yelled at or humiliated. When the child grows into an adult, she is ineffective at taking control and asking for what she wants for fear of being humiliated and judged. She self-talks herself into believing that she is not good enough and that everyone else is smarter than she is. She may struggle with her weight and rely on others to tell her is she is pretty or acceptable. She wants desperately to fit in and be accepted as she is.

These youthful beliefs had a positive purpose of keeping us safe (“hidden”) when we were children, but hinder us in the present.

They can be eliminated safely and effectively with Belief Change techniques.

On today’s call, Shari’s Limiting Belief was: “I can’t be trusted with food. Drilling down to the basics to get at the very core belief, we found I’m not lovable enough being myself.

Note: Keep on drilling down until you express your belief in language a small child might use. At the time when these beliefs were formed, you were between birth and at most, seven years old. By doing this, you are activating a very deep seated part of yourself by communicating in the language which it understands.

Jo Ann spoke to us about her fear of being a disappointment to her parents. She’s struggling with the ability to achieve a strong follow thorough with her goals.

Her Limiting Belief: “I’m a disappointment to myself and others." When we drilled this down we came to: “I'm so alone." This is a very simplified belief.

Jolene’s limiting belief was that "I'm not important enough to count and everyone else’s needs are more important than mine."

When we drilled a little deeper, we came to the core belief, “I'm not here and I don't count."
Once you have drilled down to expose the core of your beliefs, use the following process to strip them of their power over you.

**Walking Belief Change from Neuro Linguistic Programming**

Provide a space on the floor where you can walk five or six steps. Give it a try with one belief, then keep drilling down and using this pre-questioning process as you surface other limiting beliefs.

**Step 1: The Limiting Belief Self-Dialogue**

List the Belief That Limits You. A few examples might be “I’m no good at following through” or “I’ll never be able to lose weight.”

How does this belief limit you? What does it prevent you from doing?

Now ask yourself:

1. What must be true for me to say this to myself?
2. What is presupposed in #1?
3. I believe this limiting belief because: ______________________________
4. What does it mean that (your answer from #3)?
5. Flesh out what you said in #4 – what else is there?
6. If you are unclear about it, why is this belief a problem for you?
7. Now, what does having this belief say about you? (“Having this belief means that I…..”)

**Step 2: The Walking Belief Change Process**

Lay four small pieces of paper out on the floor a step or two apart.

Write on them:
Space #1: “Old Limiting Belief”
Space #2: “Positive Purpose of this Belief”
Space #3: “Open to Doubt”
Space #4: “The Museum of old Beliefs”
Space #5: “The desired new Belief & Open To Believing”
Space #6: “Stepping Into The New Empowering Belief”

Stand in front of the paper with “Old Limiting Belief” on it and state your limiting belief. Notice how accurate it feels (or doesn’t feel). Acknowledge any feelings that might come up and breathe into them. Recognize that these feelings are appropriate for the belief you’ve been holding for all these years.

Stand in front of the space with “Positive Purpose of this Belief” and examine what this belief may have once done to benefit you. How did it protect you, keep you safe or preserve your
dignity, or keep you in what you then might have thought was a good space? Acknowledge that, breathe out, and move forward.

Stand in front of the space with “Open to Doubt” and open your mind to the possibility that this belief may not be the best thing for you to have in the present. Reflect how this might be true and how open you are to dropping this belief in the present. If there is something you need to hear back when the belief was formed, when you were very young, tell your Younger Self now.

Stand in front of the space with “The Museum of old Beliefs.” Imagine this as any space you like, from an old library with dusty books to a modern museum building with glass cases, to anything that feels right for you. I recall one of my clients used an image of an old fashioned toilet tank on a pull chain. Place your Old Limiting Belief in the museum. Look at it there and place a bullet-proof Plexiglas shield (if necessary) in front of or around the Belief. Safely ensconced, leave the museum and take another step forward. Stand in front of the space with “The desired new Belief & Open To Believing” and feel the open space inside you that dropping off your old Belief in the Museum has left. What new belief do you want to put into place? Decide, and then...

Stand in front of the space with “Stepping Into The New Empowering Belief”. As you step into this space, say the New Belief out loud. Test it, see how it feels and allow it to settle deep within you.

Step 3: Future Pacing

Now see yourself going forward into the future with your newfound belief system. What will it allow you to be, do and have?

See yourself a month from now, being, doing and having those things. Touch your heart as you see, hear and feel how good that feels. This is called anchoring, and will allow you to instantly access those good feelings in the future, just by touching your heart.

Now go out six months and do the same thing. Check to see if any part of you objects to having these good things. If so, go back and run through the process again. Now go out a year and do the same thing. When you let those final feelings of goodness settle into your body, you’re done.

Enjoy how good it feels!

About the Author

Andrea Amador, Certified Energy Coach and Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis, uses powerful changework methods including coaching, Neuro Linguistic Programming, Emotional Freedom Technique, Tapas Acupressure Technique, and the Z Point Process to inspire women who are emotional eaters to control their bodies, overcome their fears, pare down the pounds, focus on their gifts, get unstuck and love themselves more. Through her company The Juicy Woman, she inspires women to live juicy, embrace their experience and spice up their lives. Sign up to join her free Juicy Woman Fabulous, Fit and Free Call and dig in to other yummy fat free goodies on her website: www.thejuicywoman.com.