

How To Change Your Beliefs To Change Your Life

People frequently ask me can you change your beliefs?

They are beliefs we have about ourselves that are untrue and limiting, and it could be something someone has said to us in the past that became stuck. ... So if we change or dissolve our beliefs, especially our false beliefs, **we can change our behavior and ultimately change our life**. Once you discover your false beliefs, you can start to help them rewire themselves. Beliefs are a lens of how we see life, it doesn't have to be reality.

"If you think you can or you think you can't, you're right." – Henry Ford

Simple Steps

1. Choose the area of your life where you want to make a change. It could be your finances, career, relationship/s, physically, mentally, or emotionally.
2. Write down all of your beliefs in that area. E.g. I'm not smart enough, I'm just moody all the time, I'm ugly and can't maintain a relationship, rich people are awful, I'm not one of those people and I'll never get out of debt.
3. Decide what core belief you want to change.
4. Write down why it's so important for you to change this belief. You have to want change more than any reason to stay the same. Ask yourself how that belief has held you back or damaged you in the past – what is possible in your future. Without a 'Why' that matters to you, any change is short-lived.
5. Argue with this belief. You can pretend that it's a friend that has this belief and you cannot believe that they would be so dumb as to believe this. Seek evidence and show them all the evidence to the opposite. Show them how this damaging belief has impacted on them. If they come try to defend that belief, come up with more reasons as to why it's a false belief.
6. Create a new, positive, more empowering belief. It is most likely to be the opposite of the belief that you are trying to change.
7. Now, visualise your life in great detail because you have changed your old belief into the new one. What is now possible for you, what can you achieve? How are you feeling now you are living the life that you previously thought was impossible?
8. On a daily basis repeat the new belief to yourself, before you get out of bed, eating a meal, walking, in the shower and before you go to sleep – and feel the feelings you experienced in your visualisations in number 7.
9. At the end of the day, write down 3 small things that you are going to do the following day to disprove that old belief. This will reinforce the new belief and move you closer to the life you visualised.
10. When you get up the next day, try to do the 3 things you wrote down the night before as soon as possible. Action is necessary and incredibly powerful, and nothing will reinforce what you can achieve more than taking those actions.

If you need help, get in touch by phone 07919 577522, message me or send an email to info@yorkhypnotherapist.com.

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