**Convert Your Limiting (Disempowering) Beliefs/Decisions into Empowering Beliefs/Decisions**

**Instructions:**

Step 1) Read through the entire list and **write down** **in your journal the Limiting Beliefs (LBs) that you identify within yourself that appear on this list.**

Step 2) Write down your own Empowering Belief that you want to convert your LB into. Do this with each one that you identify with. Feel free to use the empowering example listed for your own version to adopt (only if it is true to who you want to be and what you want to believe).

Step 3) Add any of your additional Limiting Beliefs to your journal and choose your new empowering belief. (We use subconscious strategies to “install the new empowering belief into your subconscious mind.)

 Avoid using “negations” in your EMPOWERING VERSION:  *“I will not, I never, I won’t, I don’t”*, etc…. Rather use: *“I am, I have, I do”*

Avoid using future tense: *“I will…..”*, Rather, use present tense: “*I am, I have, I do”*

Step 4) (The most important step!) Create awareness every single time you have a Limiting Belief as you go about your day and *stop* it in its tracks by strongly telling yourself the new Empowering Belief. Keep saying it with conviction until you can *feel* the truth of the new way. Use your body language and tone of voice during the proccess. This may happen dozens of times a day at first, and that’s ok. The more you use it, the less you need it. This is one of the most important and powerful “PATTERN INTERRUPTS” you will ever create for yourself. Most of this will be in your own internal Dialogue, and sometimes it will be when speaking to others.

You are literally and physically “pruning back” the disempowering neuropathways that currently exist in the structures of your brain. Simultaneously you are strengthening and growing the empowering neuropathways in your brain. This will directly affect the results you get in your life.

The “old way” of thinking can even be called POPs: Programming of the Past.

**Remember**: use present tense as if you have already achieved it. This is critically important in terms of *how* your subconscious will receive the message and how it will influence you.

**Remember:** All *phobias and anxieties* are limiting beliefs, such as fear of speaking to others, anything performance based, doing new things, or seeking your dream job.

I don't have enough confidence.

**In the past, I used to struggle with confidence**, and now it’s fun and easy for me.

(Notice how above it says, “In the past….”. Use this language pattern to eliminate any behaviors or emotional responses you want to get rid of)

I trust myself to do it in a way that is perfect for me.

I am relaxed because I'm full of confidence.

I am so excited because my confidence makes it fun for me!

Sexuality is bad

Sexuality is beautiful.

Sexuality is a gift.

Sexuality is a healthy part of being a human.

Sexuality is a healthy part of being a man.

Sexuality is wonderful.

Sexuality is a wonderful part of who I am.

My unique and healthy sexual expression is part of what makes me special.

Sexuality is a beautiful part of who I am, and I love all of me.

My sexuality is a beautiful spiritual experience.

My sexuality helps me to bond closely with my partner.

I'm not in control of my behavior.

**In the past, I used to be out of control**, and now I am always in control of my behavior.

I am in control of everything I do.

I have powerful self-control.

Choosing and asserting how I behave comes easy for me.

I am not in control of my results.

By being in control of myself, I remain in control of my results.

It’s so easy to get the outcomes that are best for me.

I have powerful focus to achieve exactly what I desire.

It's his/her fault I'm like this.

**In the past, I used to blame others for where I am in life**, and now I take full responsibility for my life.

I may have been hurt, but I am strong and I create my reality.

My power comes from being responsible for my life.

I choose not to blame others for my actions and beliefs.

He/she may have hurt me in the past, but I can forgive and take my power back.

Blaming others makes me a victim, and I choose to be the hero of my life.

I relapse too easily.

When I relapse, I am reminded of all the times I succeed.

Relapse is a normal part of recovery and I choose to get back on track.

I am so proud of all the times I’ve succeeded between relapses.

One moment of weakness doesn't define me. I am already a success!

I am easily triggered.

I am becoming more and more aware of my triggers, which makes me stronger.

Everyone has triggers and I am doing great working with mine.

Being triggered is totally normal, and I choose not to judge myself during challenging times.

**I used to have triggers in the past,** but now they have all permanently disappeared and life is so easy for me now.

I'll never have control of these urges.

Just being aware of my urges means I am aware of my experiences, and I always react to every experience in the way that is most empowering and loving.

I have so many amazing tools and strategies to control my urges, I am so proud of myself for committing to my recovery.

I'm not good at following through with plans.

**I struggled in the past with following through**, but now I realize I want to be better and am taking those steps.

It’s normal to struggle with some areas in life, when I notice I’m struggling I always check my list of strategies and apply what I know works.

I always take action to make following through with my plans fun and easy.

I am a person who follows through with everything.

What I say, I put into action.

I should be further ahead in life by now.

Life is not a marathon and I am right where I need to be.

Everything I have experienced so far in my life has given me a huge list of “silver linings” that make me a stronger person.

I choose not to compare myself with anyone, besides myself.

I love and appreciate where I am today.

I'll never make enough money.

Abundance is a feeling, and I feel abundant right now, so I am abundant.

I chose to feel abundant.

I am wildly abundant.

I think it’s amazing that I have big financial goals for myself and I am working towards those today.

I choose to have an abundance mindset and I know I can create the financial life of my dreams, one step at a time.

Every day I am making decisions towards my financial goals that I feel really good about.

Many people have financially turned their lives around in a short amount of time and I am doing the same right now.

I am a porn addict.

**In the past, I used to watch porn,** and now I am in full control of my sexuality.

My sexual urges only arise when it serves me.

I am easily in control of my sexuality.

I am in complete control of my sexuality.

My sexuality is an amazing part of who I am and I am in complete control.

I don't trust myself.

I know myself and I trust myself.

I trust myself because I completely love myself.

Every day I am learning to trust myself because I am worthy of my best life.

I don't have good looks.

I don’t compare myself with how others look, and I am an attractive person inside and out.

I know I will attract the right person who will love every aspect of me, inside and out.

I believe I am attractive and I attract the right people.

I have a bad memory.

 I have a clear mind and a great memory.

I appreciate the power of my mind and I nurture and stimulate it for optimal memory.

My memory serves me and is always improving.

I have bad sleep quality.

I create the healthiest sleep habits.

I always have deeply restorative sleep.

I have great self-care and sleep is a priority.

I always recognize if I experience poor sleep, and quickly make healthy changes.

It's hard for me to fall asleep.

Sleep is easy and effortless for me.

I always wake up having gotten the amount of rest that’s perfect for me.

I fall asleep easily and quickly.

I'm like that because of how my ex-wife treated me.

My past relationships have made me a stronger version of who I am today.

In this moment, I choose to be the person I want to be.

My past hurts are a thing of the past. Right now I am creating an amazing future.

Recognizing my own mistakes of the past and forgiving others allows me to be free and powerful in this moment.

I'm not an organized person.

I am a very organized person.

Organizing my life is so easy now since I know what I want.

The better I feel about myself, the more care I take in the details of my life. I love my life and take care of the details.

I'm not good at it…

I can develop skills and mastery in any area of life I choose.

It just takes practice, and I am committed to being my best.

I am so proud of myself for choosing to improve this area of my life.

Anyone who wants to be good at something has to put in the work, and I am so committed and excited to grow.

This will take me longer than most people.

I grow at my own pace and celebrate my victories along the way.

Seeing others succeed inspires me, and I appreciate my own unique strengths.

It works for everyone else but not me.

If it works for others, it also works for me!

I achieve my goals my own way.

I choose to focus my energy on how I’m getting better.

Others also see how well I’m doing and are inspired.

I'm not good enough.

I am always and already enough.

I have deep love and appreciation for who I am.

I love who I am now and who I am becoming.

It's because of what happened to me as a kid.

A lot of us have difficult childhood experiences and that’s ok, It makes me a more compassionate person.

I can’t change the past, but I always learn from it and become stronger.

My unique childhood contributes to the amazing person I am today.

As an adult I am fully responsible and capable of healing and growing.

This is too hard.

This is easy, because I decided it is.

This is so much easier because I shifted my mindset.

I am doing this one small step at a time.

That's always going to be a problem for me.

I see multiple solutions for working through this.

I am gaining the skills to make sure I succeed.

I believe I can overcome any challenge in my life.

I have overcome many things in my life, and this is just one more thing for me to be successful with.

There is nothing I can do about it.

I choose to change my perspective.

I will confidently do what I can, and trust I have what it takes.

I always get inspiring solutions when I relax and take care of my wellbeing.

I'm always late.

It’s easy for me to be on time.

I create the right environment and use the right tools to ensure I keep my appointments.

I make sure I have enough time and space around important events.

I am calm, aware and always on time.

The dating world stresses me out.

I am calm and cool, meeting new people is easy.

I decide what kind of dating experience I want to have, and I choose to be relaxed and have fun.

I am aware of how I feel and using my relaxing breathing techniques.

I meet the right people in the right environments, it all feels natural.

It's going to be really difficult to find a partner/spouse.

The right person is waiting for me, and we’ll meet at the right time.

I love that I can use the time to work on myself and develop a deeper love for me, while waiting to meet the right one.

As I become the person I desire to be, I automatically attract my ideal person.

I'll never be good at real life sex.

Sex is like anything else and with time and self-compassion, I will grow more confident.

Being with the right person makes sex such a better experience, I don’t juge myself.

Real and satisfying intimacy means being vulnerable, and I am integrating that now.

I'm too short.

I am how I am, and some people will find me incredibly attractive.

Just because I may be self-conscious of my height doesn’t mean others feel that way.

There are plenty of shorter guys that are confident and have great partners.

I'll always be fat.

I want to be healthy and in the best shape of my life so I’m making lifestyle choices that will make that happen!

There are so many amazing things I’m working on in my life right now, and change is a process. I know my weight is one of those things I’ll succeed with in time.

I love and accept myself unconditionally. I can make changes much easier when I feel good about who I am.

My body is a miracle and is constantly doing so much for me to enjoy my life. I am taking better care of it every day and feeling great!

I have to settle for anyone who is willing to be with me.

I don’t settle in any area of life, I am worthy of all my dreams.

Anytime I see areas in my life that I feel unworthy, I become aware and choose a new and better way of believing.

I will attract people based on how I view myself, I choose to know my worth.

My standards are too high for me to find someone who's right for me.

When I get super clear on what I really want, it is easy to imagine myself having it.

Having high standards is a good thing, and others will appreciate the high standards I hold for myself.

I have great standards and I know that the perfect person may surprise me in many ways.

I am not looking for perfection, I am looking for the right person and I can absolutely have that.

I have to lower my standards to be accepted.

I accept myself first and foremost.

Maintaining high standards attracts people with high standards.

I only value acceptance from people whose standards match my own.

I'm too old.

People of all ages realize their dreams.

I can do what I set out to do, age is irrelevant.

It’s amazing to observe what certain people much older than me can do and achieve. I am so inspired!

I'm not smart enough.

I have taken so many intelligent decisions like committing to my recovery, there is so much evidence of my intelligence as I improve my life.

I am very smart and when I am challenged I get excited for a new opportunity to grow.

There are multiple ways to measure intelligence and I am growing and developing in so many ways.

I'm that way because of how my mom has always treated me.

My mom did the best she could with her own level of pain and limited awareness.

Understanding my own pain helps me understand others. I have compassion towards my mom.

There will always be people that hurt and disappoint me, I decide how I want to feel and be.

If I only had \_\_\_\_\_\_\_\_\_\_, then I could finally be happy.

True happiness is dependent on my mindset and perspective.

I get to be happy right now because I choose.

Happiness is an inside job and I love that I’m doing the work.

Having what I want is great, but choosing to be happy is amazing.

Nobody will ever understand my pain.

When I am vulnerable with the right people it is easy for them to understand me.

It’s ok to be scared to open up to others, but the more I do it, the safer and more understood I feel.

My circumstances may be different from others, but feeling pain is human and people understand that.

I'll always be alone.

I have people right now that want to support me, and I know I’ll meet the right person at the right time.

It’s ok to feel lonely at times and I have solid tools to help me process those feelings.

Being single is great because it allows me the time and space to focus on my wellbeing, and really get to know and love me.

I can never forgive myself.

Right here, right now I am giving myself love and forgiveness.

Forgiveness gets easier the more I practice it.

As I forgive others, I see I am worthy of forgiveness too.

I am already deserving of unconditional love and forgiveness.

I feel like I don't belong.

It’s ok if I feel uncomfortable in social settings, and I am becoming more confident every day.

I know when I feel bad about myself I am changing that and I belong anywhere I chose to be.

I belong and I am wanted.

I don't have the time.

I am creative and put my time to good use.

There is always plenty of time for the things I need and want most.

I have time because I make time.

I don't have the energy.

I always keep a list of things I can do that give me healthy energy.

When I feel tired I get quality rest or meditate.

I am aware of the thoughts and activities drain my energy and remove them.

I am healthy, vibrant and full of vital energy.

I always have tons of problems in my life.

I’m so blessed to have amazing challenges that give me the opportunity for growth.

These challenges are a gift because they teach me the tools and strategies for growth, which makes it easier for life to be amazing for me.

I often feel stuck and overwhelmed.

I trust myself to have the right solutions at the perfect time that is right for me.

I gain clarity at just the right time.

The next obvious step towards a solution seems to show up just the right time.

I'm not creative.

Everyone is creative in their own ways and I am well aware of my own creative abilities.

Just expressing myself is highly creative and makes my life so rich.

I am a creative problem solver.

Anything I do that makes me feel expressive and connected to life brings out my natural creativity.

I always have terrible sleep.

I recognize the unhealthy patterns around my sleep hygiene and I know what to change.

My sleep keeps getting better and better as I make healthy life changes and install new habits.

Some nights are harder than others but my sleep keeps improving.

It’s ok if I have a rough night. I know ways to rejuvenate like meditation and what to do to make tonight way better.

I'm not motivated.

When I need some extra motivation, it’s easy! I just watch my man movie.

I know that having motivation is linked to having good quality thoughts, and I can access that anytime.

I love listening to motivational music anytime I need a pick-me-up.

Knowing myself and what I love, it’s easy for me to do any list of things that will connect me again to my inner drive and joy.

I always binge after a relapse.

I can observe that binging is a way I’ve coped with relapse in the past, but my new level of awareness reminds me of all the tools I have to support me to get back on track.

I forgive myself for binging in the past. I know now that relapse happens and I’ve got a plan for the next time I need extra support.

It doesn't matter what I’ve done in the past, I am creating a new way of being.

I'm not creative.

Everyone is creative and I am discovering new ways of being creative the more I take care of me.

My favorite creative aspects of myself are \_\_\_\_\_\_\_\_\_\_.

When I spend time visualizing my best life, I am creating a new future!

I'm not confident.

I have amazing confidence when I’m in social settings.

I am full of confidence when I do new things that I’ve never done before.

I'm a confident and healthy risk taker because it makes my life rewarding and satisfying

A radiate confidence so naturally.

My recovery will take way too long.

I trust myself to put in the work to make my recovery journey fun and easy, which will make it happen quickly.

I'm a nervous person.

I’m calm and confident anytime I want to be.

I'm so full of exuberant confidence.

I am relaxed when going into new situations.

I have performance anxiety.

I am confident and in control of my sexual engagement.

I confidently bring emotional and physical pleasure to my partner when we have sex together.

I get so lost in the beautiful moment when making love, that it makes me feel nothing but love and trust.

I don't know how to satisfy a partner in bed

I know how to sexually satisfy my partner because I am so full of confidence and gaining new skills on the daily.

Since I’m so present and confident, its super easy for me to sexually satisfy my partner.

I'm worried that I can't keep an erection with a real partner.

It’s so awesome that I can maintain my erection for the perfect amount of time, every time, when I’m with my partner/spouse/significant other.

My confident mind and self-care gives me a strong sexual body, including my powerful erections that last for the perfect amount of time.

I never know the right thing to say.

The perfect flow of words always comes out at the perfect time for me.

I love social settings because I naturally know the right things to say.

It's so easy and effortless for me to say the right things to say.

I'm not interesting.

People find me fascinating.

The perfect people for me always find me interesting.

My own unique story of who I am is incredibly interesting.

The world is a bleak place.

I have the gift to easily be able to see the beauty and kindness in the world.

Everywhere I go, I see beauty and wonder in the world.

As I pay attention, I notice that compassion is everywhere.

The world is full of people who have my best interest.

Everyone is out to take advantage of me.

I trust myself to be surrounded by people who have my best interest in mind.

I am smart and have healthy boundaries about who I allow into my inner circle.

I only surround myself with trustworthy people.

I'm accident prone.

I laugh at the silly little mistakes I make and it helps to know it happens to all of us.

I love telling stories about the mistakes I’ve made, because I’ve gathered important life lessons from them.

When I open up to others about my mistakes, it helps to build trust and connection, which feels amazing.

I hardly ever have accidents, and when do I laugh and learn from it, so it’s really a gift.

I'm a bad dancer because I'm scared to express myself.

I love dancing because I’m comfortable expressing all parts of who I am, carefree of what others think. (And they only wish they had my killer dance moves!)

People think I'm weird and unattractive.

I love being different, because it helps me find the people who are perfect for me.

I’m interesting in all the best ways and always attract the perfect people who are suited for me.

It’s so fun that people find me unique and attractive and that is so easy and effortless for me.

People can tell that something is wrong with me.

The right people will see the best in me.

The right people can detect when I’m having a hard time and they are compassionate and understanding.

It’s amazing to connect with others about our growth and development and how we can empower ourselves through past “mistakes.”

There is nothing wrong with anyone, as we are all in different stages of growth and development, based on life circumstances and learning how to make the best choices.

People look at me like they know I live a life of shame.

When people look at me, they see a radiant and confident man, because that’s who I am.

People are proud of me, because I am proud of myself.

I'm ashamed and I deserve it.

I am proud to have learned from my mistakes of the past.

I’m proud of my growth and I deserve to feel worthy of the amazing things I’m bringing into my life.

I deserve to be punished by my shame.

I deserve to feel so proud of myself as I move through this period of growth and awareness.

I deserve love and acceptance from others as I focus on love and acceptance for myself, as I grow during this amazing journey.

I make too many mistakes.

I make the perfect amount of mistakes to allow for the perfect amount of growth.

My mistakes are blessings that come in the form of lessons, which allow me to level up and be more successful in life.

I'm a burden.

I have allowed others to have the opportunity to show their compassion and acceptance as they learn about the stories of my past, which has allowed me to gain the wisdom necessary to upgrade myself. They feel amazing about this because living by the hormones of compassion are the same as living by the hormones of love, which feels fantastic.

People feel valued when they have the opportunity to show support and kindness, and I have given people amazing opportunities to feel valued.

I can't ever truly trust myself to be faithful.

I trust that it is always easy for me to be faithful to my wife/spouse/partner.

No one would accept me if they knew the real me.

Everyone who I bring into my life is full of love and acceptance.

I only surround myself with people who love and accept the real me.

I love revealing every part of who I am, because I attract the people who love and accept me.

I'm bad at…

I’m great at all of the things that are perfect for me.

I am skilled at the things that are important to me.

I always have the perfect skill set for where I am on my journey.

I'll never be able to…

I am always able to learn anything that I choose.

I am always able to be perfectly skilled to match the stages of learning that I’m in.

I have a lot of chronic pain and it contributes to my relapse.

(note from Jessica: It’s entirely possible to get rid of severe chronic pain that has been present for years, as I did. Ask *how* if you are interested.)

My body feels amazing, every moment of every day.

My body feels amazing because I take such good care of myself.

I love the fact that I make myself feel great with the power of my mind, anytime I choose to.

I’m a procrastinator.

I always start and finish things with plenty of time to spare.

It;s easy for me to start and finish projects at the perfect time.

I feel so relaxed because I finish things with time and energy to spare.

Procrastination is temporary, finishing tasks last forever

Meditation is too difficult.

Meditation is easy and relaxing everytime I do it

I feel powerful and confident when I’m in the zone

 I wish this nightmare never happened to me.

The gift of this challenge is allowing me the opportunity for phenomenal growth.

It’s too difficult for me to be motivated to do the subconscious work, even though I know it works.

I’m full of fantastic motivation to do the work because it’s fun and I know it works.

I can never fully engage in what I am doing since I believe my mom needs my help at any moment.

I am fully engaged in what I do without distraction.