

Limiting Beliefs - Self Test

Read through the following statements and note how often each statement applies to you on a level of 0 to 3. Be honest and mark your answers next to each statement. Remember, you are not being asked whether the statement is logically valid (none of them are). You are being asked whether any of these beliefs are now or may be running in your unconscious mind. Trust your intuition.

0 = Never 1 = Sometimes 2 = Often 3 = Always

- _____ I am not knowledgeable enough, this is why I am reluctant to change anything is life.
- _____ I never had anyone to support me and help me climb the social ladder.
- _____ I am afraid of failing.
- _____ I don't believe I can succeed.
- _____ I don't believe in myself.
- _____ I've never been given a chance.
- _____ My life is far from perfect, but I can quickly pinpoint the shortcomings of others.
- _____ I've always procrastinated with doing things for myself, even things I've long dreamed of doing.
- _____ I am afraid of the unknown.
- _____ I wish I had more self-confidence.
- _____ I have low self-esteem.
- _____ I have a fear of rejection.
- _____ I pretend to be self-assured, but inside I am very timid.
- _____ I get the feeling that other people have it in for me.
- _____ I am jealous of others, and that makes my life difficult.
- _____ I am afraid of a challenge. In fact, I hate it. It's just too hard.
- _____ I feel resentful and critical when looking at successful people. Why not me?
- _____ I have done a lot of inner work and have applied the Law of Attraction, yet I have not succeeded.
- _____ I never felt really good about myself.
- _____ I am not smart.
- _____ I feel resentful and critical when seeing successful people.
- _____ I don't know how to take the fear of the future and change it into something fun and exciting.
- _____ My dreams were just that – dreams. Life is very different.
- _____ I get anxious when I step outside of my comfort zone.
- _____ I would if I could but I can't so I won't.

_____ I can't trust myself to step out and do something for myself.

_____ I don't feel like I am free to do what I want.

_____ I have always felt inferior.

_____ I guess, I am simply not good enough.

_____ I don't think people take me seriously, even when I am being serious.

_____ I don't follow through with my bright ideas; I talk myself out of them.

_____ I made mistakes in my past, that led to deep hurt. Never again.

_____ In my career, when I hear "no," I take it personally.

_____ I am not an angry person. People make me angry.

_____ I don't know how to become self-confident. I am trying, but I don't seem to get there. So I am playing a game of pretense.

_____ I am afraid of looking foolish.

_____ I worry a lot about the future.

_____ I feel guilty, even when I don't do anything wrong.

_____ I had a difficult childhood. I'll never overcome that.

_____ I fear not being able to handle objections from my boss, spouse, or parents.

_____ I don't set goals for the future; what if they don't come true.

_____ I wish I could live my life over again. Then, maybe things would be different.

_____ I am afraid that I am losing face and I will look like a fool.

_____ It takes too long to get results, so it's not even worth trying.

_____ I don't make decisions because I am fearful and anxious. What if I make the wrong decision?

_____ The best in life is not for people like me. I come from the wrong side of the tracks.

_____ I blow up at my spouse/kids and it's always their fault. They really make me angry.

_____ I've had lots of emotional pain in my life.

_____ I feel angry and rejected when others don't like me.

_____ I believe other people don't really understand me.

_____ I can't decide because I feel very conflicted about what I want. I know I should want something else, but I don't.

_____ I have always felt inferior.

_____ I can't discipline myself enough.

_____ I can't find real love in my life. In fact, I wonder if there is such a thing.

_____ I'm good enough to make a means to an end, but I'm certainly not an unusually gifted person.

_____ If I change things around in my life, what would people say about me? They won't understand.

_____ I want to change some things but I can't get started.

- _____ People criticize me for being aggressive, but, actually, I become defensive because I am hurt.
- _____ I am supportive of my family and even my co-workers, but I tend to put myself down.
- _____ I didn't have good luck in life, at least not to the extent that others did.
- _____ I do not perform at my best, usually out of fear or avoidance.
- _____ I had a lot of hardships in my life and I feel worn out.
- _____ I can't afford the luxury to change anything right now.
- _____ I am too old for change. You can't teach an old dog new tricks.
- _____ I think people around me are just too dumb.
- _____ I will always be overweight; it's in my genes. Nobody can do anything about it. Why bother?
- _____ All I know is work; I wasn't born rich, y'know?
- _____ You have to put up with things you don't like. That's life.
- _____ I never meet the "right" people.
- _____ I don't have the talent of skills that others have.
- _____ I don't have anybody to help me. I am all alone in this life.
- _____ I was born under the wrong stars.
- _____ I didn't get a good education where I grew up. There is nothing I can do about that now and that's how it is.
- _____ With young children, my life will be chaotic for a long while.
- _____ I've always struggled with money. People with money don't care about me anyway, so what's the point.
- _____ I'm afraid of heartbreak because I was betrayed in a previous relationship.
- _____ I will always be lonely, even if I am in a relationship, so there isn't much I can do about it.
- _____ I worry that I am not a good enough parent to my children.
- _____ I am afraid that others judge me; they may see the worst in me.
- _____ I don't get paid enough to do my best work.
- _____ I cannot meet the right person.
- _____ My boss and coworkers don't appreciate me.

- _____
- _____ My family does not appreciate or understand me.
- _____ I don't believe I can do anything new, not now.
- _____ I was born in the wrong part of the world.
- _____ I am afraid of beautiful women. They eat you alive.
- _____ I stay away from handsome men. They're only into chasing women. And they won't look at me, anyway.
- _____ I am just a simple person. Do you think I can really do what I want?
- _____ I don't know how to build a business of my own.
- _____ I lack confidence in my ability to manage myself.
- _____ I am not sure what I really want.
- _____ I can't get rich working for others, and I am scared to open my own business.
- _____ I do not have enough "juice" to keep things going.
- _____ I don't have any desire to invest in myself. This is the way I am and nothing can be done about it.
- _____ My spouse is going through a hard time. I must be there for him/her, so I can't do anything for me.
- _____ I am not important.
- _____ I don't make excuses; I am waiting for inspiration to hit me and when it comes I'll do something big!
- _____ Life is a rollercoaster. Whatever will be, will be!
- _____ If it weren't for my family/the economy/my lack of skills/lack of education/my gender/my children/etc., I could have been a success!
- _____ I am always worried about what other people will say about me if I do or don't do something.
- _____ I live a boring existence. I wish I'd had more success, fun, and enjoyment.
- _____ I cannot begin any change because it's too hard to sustain the motivation required.
- _____ I will get to it tomorrow. Today I have too many worries.
- _____ I don't want to even try to see myself for who I really am.

- _____
- _____ I am not sure of myself, but I manage to get by.
- _____ I will suffer consequences if I fail.
- _____ People get on my nerves.
- _____ I had bad luck, and that's why I am stuck.
- _____ I'm too busy to do anything I want to do for myself.
- _____ I'm just not the creative type.
- _____ I should be happy and grateful for what I have. Why try for more?
- _____ I have too much on my plate.
- _____ I have to work hard at everything. I'd like to have it easy.
- _____ I have never tried to change my life, what would make me think I can do it now?
- _____ I like to watch movies with people living an interesting and exciting life. My life is so boring!
- _____ The conditions around me are too difficult.
- _____ If you want to make it big, it won't happen by working honestly.
- _____ I live in the wrong town/city/suburb.
- _____ I am not attractive enough.
- _____ I'm afraid I'm just not capable enough to hope for more.

When you're done, add up all your numbers.

Total points _____

The maximum possible score is 360.

A score of **241-360** indicates you likely feel "stuck", stubborn, and/or critical of others. The rules you live by and the difficult emotions you are harboring are likely creating significant barriers to success. Making the choice and taking action to release the negative emotions connected to your past and let go of the limiting beliefs would be

likely be very liberating for you. Time and effort will be needed but you have the opportunity to make massive shifts.

A score of **121-240** is average. You are likely encountering significant barriers to success, however, change may be easier and more rapid than you suspect. With some work you have the opportunity to really turn things around.

A score of **0-120** indicates that you've likely already done some work in self-improvement, self-development, or around releasing unhelpful beliefs. The lower the number the better, but you are in great shape already. You may already be in a position of leadership and/or really hitting your goals regularly. If not, go back and retake the test, this time somewhat more introspectively.

The fastest and most powerful tool I've discovered for addressing unconscious limiting beliefs and for clearing unresolved negative emotions is called Time Line Therapy™ Techniques. I use these techniques with my clients and teach them to my Coach-Practitioner students. Using these techniques it is not uncommon to see a drop of 80-100 points after fairly rapidly.

I hope you've enjoyed this powerful (and free) self-assessment tool.

For more info on Time Line Therapy™ Techniques and Training, Neuro Linguistic Programming, Coaching, Hypnotherapy, and self-empowerment, please follow me on Instagram (@RyanMontisNLP).

To your success,

Ryan

Special thanks to Dr. Adriana James who wrote the above test.