



SELF LIMITING BELIEFS

Circle two of the following statements/beliefs that play a role in your thinking, feeling and behavior. Give them a rating on the extent of their influence on your life.

1. If I expose 'the real me' I might lose control.
2. Others seem better able to tackle difficult situations than I can.
3. No one asks for my advice.
4. I am not capable of completing a task within a designated time frame.
5. This is the way I am - I cannot change.
6. I have to be better than others.
7. I'm a boring person.
8. If I delegate I'll lose control.
9. If you want something done, do it yourself.
10. Others might judge me unfavorably if I show my true feelings
11. If I change, people around me will become upset.
12. I must have approval from all the significant people in my life.
13. The nicer I am, the better people will behave.

(Use "I believe" exercise from Writing from the Source)