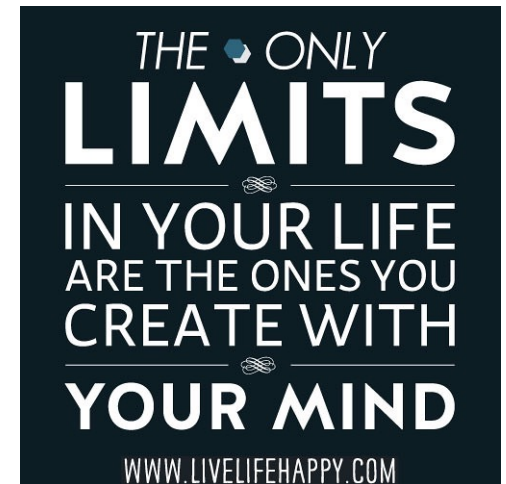


# Limiting and Enabling Beliefs

Reframe limiting belief exercise to an enabling one

- What's the limiting belief you want to explore?
- Where/how might it have been formed?
- What is the positive intent of that belief?
- What do you want the outcome to be/what do you want to be able to do differently/better?
  
- What would you rather believe?
- How is this choice better than the old belief?
- How could you hone your new / liberating belief?
- How will that enable you? (future pace)



Think about a specific occasion when it would be useful to use this new belief. Other strategies to help reframe could be to use a metaphor for the old belief and a new one for the new belief.

How could you embody this belief or attach an emotion to it?



# More TTT Questions from Nancy Kline

- What's the belief you want to work on?
- What do you think, feel or want to say?
- What do you want the outcome to be/what do you want to be able to do differently/better?
- What might you be assuming that is stopping you from achieving your outcome?
- How true is this / what is the evidence?
- What might you choose to believe/assume which is true and liberating?
- Reframe the limiting belief into a positively stated enabling belief

