



## Overcome Conditioning Fears that Drive Conscious Choices



Below is a chart with a list of some commonly held beliefs. Please be aware that you are not the only one feeling anxious, overwhelmed, foolish or think you need to be embarrassed to admit to thinking along these lines. It is NOT your fault.

Like I mentioned in the article [“How Common Fears Influence Your Choices”](#), people are imprinted with these beliefs.

Dr. Albrecht of Brain Snacks describes five foundational fears of humanity (fear of extinction (death, abandonment, being forgotten), fear of mutilation (being attacked), fear of loss of autonomy (being trapped, or 100% dependent), fear of rejection (cast out, not belonging), and fear of ego-death (feeling humiliation, shame, ridicule, embarrassment).

All of these fears served us at one time, and are so powerful they're coded into our DNA, the genetic code.

From the foundational fears spring many others, like the fear of failure that would lead to embarrassment, which means ego-death: 'who am I do even try...I am worthless' or, as another example:

1. Place a checkmark next to each belief statement listed below that you either think, say to yourself, or have said (about you) to others. Be honest and select all statements that are true, even if they are not true all the time. They only must be true most of the time.



<b>X Belief Statements</b>	
	I never have enough money
	I never have enough time
	No one does anything for me
	I'll never be able to do that
	I'll look foolish if I do that
	I'm not smart enough
	I don't deserve it
	No one ever listens to me
	I have to do everything for everyone else
	I can't trust others to do things right for me
	I can't have what I want
	I can't change the things I don't like about myself
	I don't have the resources I need
	Things are the way they are; I can't do anything about it
	The future will be no different
	It doesn't matter how hard I try
	My financial situation will never be any better
	No matter how hard I try, I can't get into shape
	I don't have what it takes
	Others; specify



2. Then answer the following questions:

- Which of the limiting beliefs you have identified above would you regard as the most debilitating for you?
- How are your limiting beliefs impacting the way you work, your finances, or your relationships?
- For a moment, focus on just one limiting belief you have identified. What is this belief claiming it is protecting you from? Do you still need that protection?
- Choose one of the limiting beliefs from the chart that doesn't feel true anymore or that you feel is time to throw overboard.
- What are 3 to 5 small, manageable actions you can take to counter your limiting belief and its impact?
- What would you do with your life if you no longer had *any* limiting beliefs?

Remember, each of your limiting beliefs exists because it is protecting you from something. This “something” often manifests as pain somewhere in your life or seems to give you an advantage somehow.

This perceived advantage can be misguided; even though it may be keeping you from experiencing a short-term pain, it can't protect you from experiencing a deeper, long-term pain that comes with living an unfulfilled life.

It is also likely that as you work towards into your true potential, other limiting beliefs will show up. These new limiting beliefs aren't new at all. They have merely been lying dormant inside you for a long time.

Since you have decided to step into a more meaningful life, these limiting beliefs have now come to the surface, presenting you with a new set of obstacles that you will need to also overcome. But take courage! Even though you are facing a new set of limiting beliefs, you are making progress in growing into your potential.



However, the beliefs that got you to where you are now won't get you to where you want to be. Change and growth mean that old beliefs must first be brought to the surface before they can be permanently swept away.

If at any time you decide you want help getting rid of negative or unwanted stuff, let's talk! Sometimes all it takes is a single session to break free from a deep-seated issue. You can check out what happened during an impromptu belief-shift [session with a podcast guest](#).

Or you can see for yourself! Claim a complimentary session [right HERE!](#)

