

OVERWRITING LIMITING BELIEFS

QUICK GUIDE

After an Emotional Activation (Trigger):

01.

Pause! Close eyes and breathe deeply. Scan your body and allow the emotion to permeate, paying attention to how it shows up physically.

1



02.

Focus on the physical space of the present emotion while bringing the activating situation into your mind's eye.

2



03.

Ask "Who is this emotion that I'm feeling?" Personify it the best you can. What is its color, gender, personality, shape, size, etc.

3



04.

Ask "When was the first time I felt you?" Allow for the first memory that shows up to be your guide. Don't second guess.

4



05.

Take yourself back to this memory and observe the emotions that arise. Be careful not to judge or label: be a student. What is the message or belief this situation gave you?

5



06.

Now, dissolve the messaging into one central theme. What version of "I am not enough" came as a result? "I am not enough because [blank]."

6



07.

In a meditative state, think of the opposite statement of your "I am not enough" conclusion. "I am enough because [blank]."

7



08.

Repeat your new mantra throughout the day, find ways to weave this belief into your life, journal about what it means to embody this mantra and revisit the memory often.

8



For a more detailed explanation and techniques for individual application, email Dallas@drdallasbragg.com to set up a free consultation.