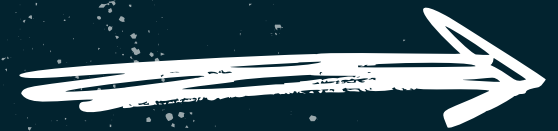


HOW TO CONVERT SELF-LIMITING BELIEFS INTO COUNTER STATEMENTS



Limiting belief-

**I AM POWERLESS.
I HAVE NO CONTROL**

Counter-statement:

I am responsible for myself.
Although I cannot control the
circumstances, I can control
my attitude toward them

Limiting belief-

~~I CAN'T~~
DO IT

Counter-statement:

I may not be able to do it
yet,
but everyone starts that
way!

Limiting
belief-

**I WILL FAIL IF I FAIL,
OTHER PEOPLE WILL
REJECT ME.**

Counter-statement:
**IT'S ALL RIGHT FOR ME TO
TAKE RISKS AND IT DOESN'T
MATTER IF I FAIL - I CAN
LEARN FROM EVERY MISTAKE I
MAKE**

Limiting belief-

**LIFE IS A CONSTANT
STRUGGLE FOR ME**

Counter-statement:

Life is an adventure in
which I'm learning to
accept both the ups and
the downs.

Limiting belief-

**I AM NOT IMPORTANT. MY
FEELINGS AND NEEDS ARE NOT
IMPORTANT.**

Counter-statement:
I'm a unique and valuable
person. My needs and my
feelings are just as
important as anyone else.



DID THIS HELP YOU?

Do share your
feedback
&
forward it to
someone else it
might help them.



Sneha Jadhav