

## Limiting Beliefs and Fears Tapping Away the Biggest Impediments to Success [www.ProEFT.com](http://www.ProEFT.com)

It's important to learn from our experiences but it's dangerous to make *erroneous* assumptions from them. If two men in a row cheat on you, you *may* make the leap that all men are cheaters. If you go for two or three promotions or job offers and don't get them, it might be easy to infer that there's something wrong with you. It's fairly natural for people to make generalizations like that to protect themselves. It's how the subconscious keeps us safe from harm or rejection.



**The problem is that it doesn't work!** The limiting beliefs we form about any and every area of our lives hold us back from recognizing our potential and achieving results. It doesn't keep you safe. In fact, I believe limiting beliefs and fears are, by far, the biggest impediments blocking our success.

**Example:** A few years ago I wanted to fix up my friend Reba with a really great single dad named Stan. He was handsome, successful and a real sweetheart. But Reba didn't want a fix-up and was firmly entrenched her beliefs. That there were no good men "out there" and, even if there *was* one... *she'd* never find him.

So I arranged for Stan to secretly meet me at the super market to check Reba out. I sent her to pick out some cantaloupes and signaled for Stan to swoop in and ask her questions about how to tell if a cantaloupe was ripe. I told him to flirt a little and see what happens. He was very up for this experiment. So off he went to find Reba in the produce section. I could see from a distance that they were at least talking.

After Reba returned to me with the cantaloupes in her in hand, I asked if she'd seen the hot guy in the produce section. She replied, "*I didn't see anyone over there.*" She had actually talked to him, face-to-face for a couple of minutes and didn't even "*see*" him. Her beliefs had actually made her "blind" to the possibilities staring her right in the face!

While you may not be that dense, it's quite possible that if you have a serious belief about something it can keep you from seeing what's right in front of you.

**Here are some of the common beliefs about being successful:**

*I would have to work too hard*  
*I don't have enough time to devote to becoming successful*  
*I'm not good enough*  
*I'm too old*  
*I'm not deserving*  
*I don't have what it takes*

**Note:** some beliefs are also fears and vice versa. It doesn't matter. They are still impediments to reaching your goals

**Here are some common fears:**

*I'm afraid I would fail....again*  
*I'm afraid I would just lose it all again*  
*I'm afraid I'll have to give up my social life*  
*I'm afraid of trusting myself*  
*I'm afraid I'll be rejected*  
*I'm afraid if I succeed I'll be a target or others will be jealous*

Remember, it doesn't matter if the beliefs or are true or not, or if the fears are realistic or not. If we *believe* them they become our reality (see Dr. Bruce Lipton's groundbreaking book, *The Biology of Belief*). For instance, let's say Terri's parents, siblings and other relatives have never been successful in life. That part may be true.

The limiting belief about that, however, is the leap in logic that because Terri's whole *family* has problems with success, then *she* will have problems too. Terri's beliefs provide a convenient excuse to never try; "This won't work anyway, so why bother?" This is exactly how your beliefs can keep you from getting what you want and deserve in life.

***Simple Solution: Bundle all of your limiting beliefs and fears about success, or whatever, and Tap them Away.***

It's much easier than you can imagine. Here are the steps for our *Belief Busting Technique*<sup>™</sup>:



1. **Write down a goal about something you really want;** to be successful, to be confident, obtain a promotion or new job, or whatever.
2. **Write down *all* of your beliefs and fears about your goal.** Even if you *know* they are facts, write them down. Even if you don't *think* they are hindering you, write them

down. And, if you don't think you have any fears or beliefs, finish this sentence: *I don't have the \_\_\_\_\_ I want, for these reasons: \_\_\_\_\_*

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Go on now, write it down. Just reading this might help you to *intellectualize* why you don't have what you want, but it won't help you *fix* the problem. So, please participate in your life.

Whatever you write down, regardless of your beliefs in their validity, those are your limiting beliefs about achieving success, or whatever desire you wrote down. Then add this one to your list: "*I just don't know HOW to do it.*" If that wasn't on your list of reasons, it most likely should be.

3. **Now, circle your "excuses" (limiting beliefs and fears) and give them a measurement on the "strength or pull" they have on you.** This is a different measurement from the intensity about anger or frustration or other emotions. What you're measuring with beliefs and fears is their pull on you. Or, measure how true they feel to you.
4. **Perform a Reversal Neutralization™ as you do the set-up to eliminate any subconscious resistance to change** (i.e. letting go of your beliefs and fears)

Reversals are the way your subconscious keeps you safe. The subconscious has provided you with these fears and beliefs to keep you from failure or rejection. Beliefs and fears also give you an excuse for not having what you want. So your subconscious definitely doesn't want to let go of something it took a long while to achieve. You may consciously want what you're asking for, but there will always be a part of you that doesn't want to let go of the beliefs that are keeping you from it. To the subconscious mind, these beliefs and fears serve an important purpose.

While you may *consciously* want to prosper, your *subconscious* wants to keep you safe. Your subconscious resistance to change (the Reversal) is your internal protector

*and* saboteur. And isn't it doing a pretty good job? If Reversals are a new concept for you, please watch my free video about Reversal Neutralization™ (especially the SBS Reversal) at <http://tinyurl.com/ProEFTReversals>.

Performing the Reversal Neutralization™, a very simple tapping process, is important to do before attempting to reach any goal. Here's a simple protocol: (Find a [Tapping Chart](#), below\*)

Tap on the KC point while saying, "Even though these fears and beliefs keep me from \_\_\_\_\_, there's a part of me that do esn't want to let go of them. And I accept myself anyway." Or choose one or more of these phrases listed below. Tap on your Reversal-Set-up phrase(s) at least three times. You can make them more

applicable to your beliefs or fears. Just make sure you vocalize that there's a part of you that does not want to let go of your beliefs about whatever.

### Other Examples:

***“Even though...*** (start each phrase with the “Even though” statement)

*...there's a part of me that doesn't want to get over these fears, because they protect me, I still accept myself.”*

*...I want to have (or be) \_\_\_\_\_ there's a part of me that doesn't want to let go of these beliefs that keep me from getting hurt or being rejected. But I still love and respect myself (or I want to love and respect myself.)”*

*...these fears and beliefs keep me from obtaining \_\_\_\_\_, there's a part of me that doesn't want to release them. They do give me excuses for not having what I want, therefore keeping me from being disappointed. And I love myself anyway.”*

If you're not sure what to say, just use this catch-all phrase, “*I accept myself completely, even though, for whatever reason; logical or not, right or wrong, I don't want to let go of the beliefs and fears about \_\_\_\_\_.*”

### Remember:

Having a Reversal is not a character flaw. It's simply your subconscious resisting what you might consciously want.

Doing this process neutralizes the subconscious resistance to letting go of your fears and beliefs (your protectors) and allows tapping to work effectively.

**Performing Reversal Neutralization™ doesn't fix the problem. It simply eliminates the impediment to fixing the problem.**

5. **Once you've cleared the Reversal, usually then tap on the Meridian Points\*** using *reminder* phrases and alternating with *desire* phrases such as:

*“These beliefs and fears that hold me back;  
I want to release them.”*

*“The fears and beliefs that keep me safe;  
I want to let go of them.”*

*“All of the obstacles that keep me from \_\_\_\_\_; I allow myself to neutralize them.”*

6. **Do several rounds of these phrases until the beliefs and fears are neutralized.** Make sure they are gone by testing yourself. Read back each “reason” for your lack of results and see if it sounds legitimate or totally false. If it feels like there's **any** legitimacy to it or them, you have more taking to do. You may need to do more work on the Reversal Neutralization™ arguing to keep your beliefs or fears...until they are literally laughable.

7. Tap IN some positive things that are true about yourself, such as:

- I am resourceful and intelligent
- I can focus when I apply myself
- I'm a good worker
- I'm compassionate and caring
- I have integrity
- I am likeable and loveable
- I am resilient and tenacious
- I am committed to reaching my goals!

Remember, none of these things will work, unless you USE them. So start tapping buddy!



Good Luck and Good Tapping,  
*Lindsay Kenny*

\*Tapping Chart for Meridian Points

ENERGY POINTS	
1. Eyebrow	(EB)
2. Side of Eye	(SE)
3. Under Eye	(UE)
4. Under Nose	(UN)
5. Chin	(Ch)
6. Collarbone	(CB)
7. Under Arm	(UA)
8. Liver	(LV)
9. Wrists	(WR)
10. Crown of Head	(CrH)

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