



# Limiting Beliefs

## Most Common Limiting Beliefs

It is safe...  
It is possible ...  
I deserve...  
I keep my identity...  
I have permission  
I remain loyal to... if I...  
I am willing...  
I am a good person  
It is good for me to...  
It is good for others if I...  
It is fair for me...  
It is fair for others if I...

## Other Common Limiting Beliefs

I get support from others...	I will still exist...
Safe for me to feel safe...	Others support me...
I am allowed...	I have the power to...
It is a benefit to myself...	I know how ...
It is a benefit to others...	I am worthy...
I am comfortable...	I believe I can...
I am ready...	I trust I can...
I loyal even when...	I matter enough...
I get my needs met...	I have the energy to...
I choose...	I'm important enough...
I am confident I can...	I'll still be me and keep my identity...
I am liked...	I can be fully connected to source
I am loved...	I'll be of service to others...
I am lovable...	It is safe for others for me to...
I am accepted...	I'm part of my family even when...