

STEPHEN HILL - THE HAPPY COACH



Belief Bust

Belief Busting exercise

For us to move forward with our lives we need to deal with many of the demons that frequent our mind. Those demons that consistently tell us how to live our lives. You know what I am talking about, don't you. Well, today is the day that you can challenge those demons or bullshit beliefs we hold dear to us. Because they are simply stories you gave an experience when you were young and have decided to hold on to them to keep you safe.

So, to allow this to work for you, you need to be as honest and open as possible. You need to allow your conscious mind to let the unconscious mind take over and have conscious awareness of what it taking place. You need to let you mind explore the truth behind the belief and then use the following process to smash it to pieces and create a new empowering belief.

Let's get into it.

What is the issue? _____

How is that a problem for you? _____

What emotions do you experience when this issue takes place? _____

What do you tell yourself to allow you to experience these emotions? _____

What has it cost you in the past? _____

What has it cost those who you love? _____

What will it cost you if you hold onto this? _____

What will it cost those you love if you hold onto this? _____

How would you like it to be? _____

When was the first time you experienced this? _____

How old were you? _____

Was there anyone with you? If so, who and did they contribute to the issue? _____

What was the meaning you gave the experience? _____

Looking back at the experience, now, what did you learn? _____

With your new learnings, what new meaning could you give that experience? _____

Based on what you now know, what would be a more resourceful, empowering, inspiring and nurturing belief? _____

Everything we do in life has a strategy, including the coping mechanisms you have created for this limiting belief. Some start with a feeling in the stomach, some get hot and sweaty, followed by elevated heart rate and then you may tell yourself something.

It is really important you take the time to correctly understand the strategy you use, so we can change it.

For you to feel these emotions and then take unresourceful actions, what, internally needed to happen? _____

What new strategy would you like to create based on your new belief? _____

Now let's instil this new belief into your life.

Time is one long line from beginning to end which we call a timeline. For some people that time has the past behind them and the future in front of them (through time). Others have both their past and future in front of them. The past to the left, the future to the right (in time). Which one are you? Through time or in time?

- Ok, now I need you to sit in a quiet space away from any distractions.
- Now, close your eyes
- I want you to float out of your present day body and float into the sky. Look back down so you can see yourself.
- Once you have done this, I would like you to float in the past long your time line to the day the first experience took place and stop right above it.
- I would like you to watch this experience from above in black and white until the end.
- When the experience is over I want the current day you to float down into the moment.
- What is happening to the young you?
- What wisdom do you have to share with the young you about this event?
- Now is the time you share with the young you, the empowering, resourceful belief you have created and what the strategy you have created to further reinforce this new belief
- What does the young you say to you?
- What is one last thing you can say to the young you?
- Now say goodbye and float back up to your timeline.
- Once you are there, float back to the now.
- How do you feel?

Will this new belief work in the future. Well lets see, shall we.

- Close your eyes and float back up to your time line.
- This time, I want you to float into the future to a time where you could have experienced this old belief and behaviours.
- What are you feeling, what are you seeing, how is the future you behaving in the moment and what are you telling yourself?
- If you have created change, hold onto that feeling.
- Now go to another time in the future where this old belief and behaviour would have tried to appear. Repeat the steps – feelings, telling, behaving and seeing.
- Now, float back to the Now and write down what you are experiencing.

Congratulations, you have now busted an old, useless belief and created an empowering, positive, nurturing and inspiring belief that you can take with you on this new life you have created.

Belief Bust

Beliefs are the way we live our lives, good or bad. Now you have the ability to change those beliefs that are serving you no good. The time has come for you to take over control of your life again. This is exciting times. You have a powerful tool to take full control of your life.

As I have stated many times, the best part about a memory is, you can change it. As you have done, if you have followed the belief bust as you should.

If you have beliefs that you need further help with and are struggling to move forward, please feel free to contact me and we can have a chat about how you can free yourself. Pop me an email at stephen@thehappycoach.com.au along with your phone number and I will touch base with you asap. Take care and keep on smiling.



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