



How to Identify Limiting Beliefs



Our beliefs shape the way we experience ourselves, others, and the world around us. Limiting beliefs are often old patterns, programs, and inner stories that quietly influence our choices, fears, reactions, and challenges.

These beliefs are not here to be judged. Many were formed as a way to protect us, help us feel safe, or make sense of past experiences. Yet over time, what once protected us may begin to limit the full expression of our Authentic Self.

When we begin to notice repeating patterns, looping thoughts, emotional reactions, and areas where we feel stuck, we create space for awareness, healing, and transformation. From this place of awareness, we can choose to change what no longer serves us and lovingly release it with compassion and gratitude.

The following questions are offered to help you gently identify the beliefs that may be limiting you. As they come into awareness, you can release them, shift your perspective, and choose new beliefs that are more aligned with your truth, your heart, and your Higher Self.



Identify Limiting Beliefs

Our beliefs can show up in repeated life patterns, negative self talk, relationships, Fear and in our Body.

Having pen & paper beside you reflect on each of the questions trusting that what comes up is your Higher Self guiding you towards your truth.

Identifying & Healing Limiting Beliefs Part 1



As you begin your reflection, remember that each belief has an origin. Some beliefs were learned, some were accepted over time, and some may have been inherited from the words, fears, or experiences of others.

As you explore each question area, ask yourself the three Origin questions below:



Belief Origins

1. Where did I first learn or accept this belief?
2. Is this belief truly mine, or did I receive it from someone else?
3. How has this belief protected me or served me in the past?



Life Patterns Asking To Be Seen

- What situation keeps repeating in my life?
- Where do I feel stuck, blocked, or unable to move forward?
- What do I keep attracting, even though I say I no longer want it?
- What pattern am I ready to see clearly and release?
- What lesson might this pattern be trying to reveal?



Old Inner Stories: (Negative Self Talk)

- What unkind or negative thoughts do I often say to myself?
- What do I tell myself I cannot do, have, become, or receive?
- Where do I doubt my worth, my gifts, or my ability to change?
- What inner story keeps me feeling small, unsafe, or not enough?
- Would my Higher Self speak to me this way?



This is a space for truth, compassion, and remembering. There are no wrong answers—only deeper understanding.

Your awareness is the first step. Your healing is already unfolding.



Identifying & Healing Limiting Beliefs

Part 2



The Part of You Seeking Safety

- What fear may be underneath this pattern?
- What part of me still feels unsafe, unseen, unworthy, or unsupported?
- What am I afraid will happen if I change?
- What am I afraid will happen if I fully step into my truth?
- What fear keeps me from making a new choice?
- Where do I hold back because I fear rejection, failure, judgment, or being seen?
- Is this fear protecting me, or limiting me?



Relationships as Mirrors

- What belief do I hold about love, trust, or being supported?
- Where do I feel unseen, unheard, or unvalued in relationships?
- Do I believe I must earn love, approval, or acceptance?
- What patterns do I repeat with family, friends, partners, or clients?
- What relationship belief am I ready to heal and release?



Your Body is Speaking

- What situations or subjects create tension in my Body?
- When I think about change, what sensations arise?
- What part of me feels afraid to let go of the familiar?
- Where in my life do I feel constricted, heavy or depleted?
- Where do I judge, criticize, or disconnect from my body?



Higher Self Reflection

- What would my Higher Self say about this belief?
- What truth is ready to replace this old belief?
- What new belief feels more loving, expansive, and aligned with my Authentic Self?
- What part of me is asking to be seen, loved, or accepted?
- What truth is my Higher Self helping me remember?



Release and Transformation

- Am I ready to release this belief with love, gratitude, and compassion?



As you reflect, let each question be an invitation rather than a demand. Pause, breathe, and allow the answers to rise gently from within. Your Higher Self speaks through awareness, compassion, and the quiet truth that feels expansive in your heart.

There is no need to force an answer. Simply notice what is ready to be seen, loved, healed, and released.