



LIGHTHOUSE
Counselling & EFT

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21 Negative Limiting Beliefs that are Keeping Your Stressed

What is a limiting belief?

A limiting belief is a false conclusion you have drawn about yourself or your situation that is holding you back from fulfilling your true potential.

On a scale of 0 to 5, rate the following 21 limiting beliefs in terms of how true they feel for you. 0 means the statement doesn't feel true at all, 5 means the statement feels completely true.

Don't worry if you end up giving all of them a high rating. These beliefs are extremely common but you're not stuck with them forever. Once you've identified the beliefs that are playing the most unhelpful role in your life, you can begin dismantling them using EFT tapping or other techniques.

I'm powerless

0 _____ 5

I'm not enough

0 _____ 5

I'm not worthy

0 _____ 5

I've left it too late / missed my chance at ... [fill in the blank]

0 _____ 5

You can't trust anyone

0 _____ 5

I'm not safe

0 _____ 5

It's not safe to be myself

0 _____ 5

I'm just taking up space / I'm a burden

0 _____ 5

My worth is dependent on how productive I am

0 _____ 5

I need more [fill in the blank, e.g. money, time, success] to be happy

0 _____ 5

There's no time to ... [fill in blank, e.g. exercise, go back to uni, have a relationship]

0 _____ 5

I'm a failure

0 _____ 5

No matter how hard I try, nothing ever works out for me

0 _____ 5

The odds are stacked against me / I'm unlucky

0 _____ 5

Things will never change

0 _____ 5

I'm too old to change

0 _____ 5

I'm stupid

0 _____ 5

I'm unlovable

0 _____ 5

I'm invisible

0 _____ 5

I always miss out

0 _____ 5

I don't exist

0 _____ 5

See next page.

Jot down your top five limiting beliefs:

1.

2.

3.

4.

5.

Journal / discussion prompt:

How do these beliefs affect your daily life? Are there specific areas where you are negatively affected, e.g. in your relationships, at work, finances, shying away from pursuing opportunities, insomnia due to replaying mistakes in your mind etc.