

Do You Want To Change Your Belief Pattern?

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Do You Want To Change Your Belief Pattern?

By Jan Tincher

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What do you believe about yourself that you wish you didn't? This belief that limits you or, at the very least, has undesirable results. What belief is that?

There are lots of negative belief patterns out there, here are just a few: *I'm too stupid.* *I'm too short.* *I'm too tall.* *I'm too fat.* *I'm too skinny.* *I'm too poor.* *I never went to college, so I'll never get anywhere.* *My brother/sister is the successful one. I'll never get where they are.* *I don't fit in.*

Which belief pattern is yours that you want to change? One of those, or do you have a different one?

Now, what submodalities do you use as you imagine or picture it?

*** TIP: Space is at a minimum here, so I am assuming you've learned the submodalities in *Power Picture.* If you haven't, you can read it here: <http://www.tameyourbrain.com/powerpicture.htm>

Now, let's see a different picture. Imagine or visualize a picture of something you doubt. Something that might be true or might not be — you're just not sure. What does this picture look like?

Now, list the submodalities for your picture of your unwanted belief AND for your picture of doubt.

After you've done that, catalog your feelings for both by answering these questions:

How is your stomach when you see this picture? Is it tight, does it have butterflies in it, is it gurgling, is it upset, does it have a lead weight in it? Or is nothing at all going on in your stomach?

Do you have a weight on your chest/shoulders/head? Or does it feel like a weight is lifted? Or is nothing at all going on in those areas?

Is your heart beating faster or slower?

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Is your breathing faster or slower?

Now, you have two lists, one for each picture. Those lists tell the submodalities for each picture and the feelings that picture has caused in your body.

Now, what new belief would you like to have in place of the belief you wish you didn't have? This belief states that you can learn to change, NOT that you have changed.

Now, think for a minute. If you have this new belief, could it cause a problem? Think about your new belief in relationship with your friends, family, work, relationships? When you've figured out that the new belief is a win/win situation, continue.

Here is the process:

Change your belief, the one you want to change, to doubt by making the submodalities the same as the doubt picture. If your picture is far away in the doubt picture, make your belief picture far away. Now, change content, the picture is now a doubtful picture, so you don't believe what you used to, you *doubt* it. Make your old picture dim and far away, then have it come back as the new picture of doubt.

Now, here's how you change doubt to belief:

Change doubt to belief using the same technique you used in to change belief to doubt, only now, you're changing it to the belief you want. Be alert to any difficulties. If new belief isn't stated right or has negations *not or no* in it, some part of you may object. Change it until it works.

Test: How do I feel? If you feel good, if you feel successful, you did great! Congratulations! Now, that you know how to do it, change your other limiting beliefs and watch your life change!

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## **Change the Words and Change the World**

**By Kevin B. Burk, Author of The Relationship Handbook**

If we want to change our lives in any way, all we need to do is to change our words, thoughts and beliefs. When we change the words, we change the world.

Over the course of this handbook, you may discover a number of beliefs that no longer support you. By following this simple, three-step process, you can change your beliefs. By consciously creating beliefs that support us, we can change our reality and enhance our lives.

### **AWARENESS**

The first and most important step towards changing our beliefs and improving our lives is to become consciously aware of our beliefs. We must identify each thought that shapes our experiences. We have to name our thoughts. We must become conscious of the exact words that we have been using to create our realities. This is the first step towards mastering our minds.

So much of our life is governed by our unconscious thoughts, beliefs and patterns. We have lived with so many of these thoughts for so long that we believe that they're actually real. We tell ourselves "that's just the way things are." Many of these thoughts are beliefs about who we are and what we're entitled to—and almost all of these beliefs deny the truth of who we are, limit our potential and cut us off from the source of our happiness and prosperity.

We must become aware of our thoughts and beliefs. This handbook is designed to support our awareness.

### **OWNERSHIP**

Once we've become aware of a belief, the second step is to own it. We must accept it. We must take personal responsibility for it. We must recognize that the belief belongs to us, and that it is a part of who we are. Most importantly, we must accept that we created the belief.

This process is simple, but not always easy. We have to accept and acknowledge that we are responsible for creating beliefs

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that are often negative, painful, and limiting. On a conscious level we tell ourselves that we would never do this. Why on earth would we choose to believe that we are unworthy, damaged, unlovable, unskilled, unlucky, or any of the millions of other possibilities? Strange as it seems, even our most negative, painful beliefs were created to serve and support us. Every single one of our beliefs exists because the ego is trying to protect us from pain. As painful as the belief itself may be, the ego believes that the pain that the belief shields us from is infinitely greater. Just because these beliefs no longer serve us, doesn't mean that they are bad or wrong.

It's often easier to own a belief when we are able to identify the origins of that belief. If we understand that we created a belief to help us cope with a particular experience, we can accept how that belief served us at the time. This process can also help us to uncover beliefs we created because of things we were told as children.

While it's often helpful to explore where and when we first created a belief, we have to be careful. Our egos will encourage us to deflect the responsibility for the beliefs to protect us. It's one thing to recognize that we believe that we're not worthy of being loved (for example) because our parents didn't spend enough time with us. It's quite another to blame our parents for creating this belief and ruining our lives. Our parents didn't create the belief—we did. We interpreted an experience, created assumptions around it, developed expectations and created the belief. And until we accept this, we can't change that belief.

Our egos can also interfere with the ownership process by encouraging us to identify with the limiting belief. The ego can trick us into reinforcing our negative beliefs, by turning those beliefs back on us. Essentially, we tell ourselves that we're unworthy because we created a belief that we're unworthy. We beat ourselves up for beating ourselves up. Without awareness, the ego has us coming and going.

If we become aware that we've fallen into an ego trap, we simply use our awareness to escape the trap. We need only remember that every belief, no matter how limiting, served us well at one time. Many beliefs were created to help us survive difficult and painful situations in our past. However, we're no longer in those situations. Our circumstances have changed, and we have more experience and new skills that can serve us better now.

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We've simply outgrown the need for the old beliefs. We can release them because we have more elegant options available to us now.

### CHOICE

The third and final step is choice. Once we are aware of our beliefs and own them, we have absolute control over them. We can now choose to alter our beliefs, and change our reality. We have the power to change our lives completely in an instant—we simply need to choose to do so now. I'm sure you've heard similar motivational statements from any number of sources. While it is essentially true that we can change our lives with a simple choice, it's also important to read the fine print: We have to continue to make that same choice over and over and over and over and over again. The now when we chose to change our lives is already in the past. We have to keep choosing until our new choices, expectations, and beliefs have become habit. We have to continue to choose until our new choices become second nature to us.

Our past experiences certainly influence us. They shape our beliefs, and our expectations. As long as we continue to let ourselves be guided by the past, we will create similar experiences in the future. The past does not equal the future—unless we choose to carry the past with us. The cliché, "there's no time like the present" is not entirely correct. The truth is that there's no time except the present. The only time that matters is now. The past is irrelevant; the future does not exist yet. The only place where we can act, where we can create, where we can choose is now.

While the past does not need to influence or shape the future, many of the choices and thoughts and expectations that we held in the past are old habits—and as the saying goes, old habits are hard to break. This is the one arena where the progress of technology has almost eliminated a perfectly good metaphor. Remember vinyl records? Those big things that came before CDs? The groove of a record represents our old patterns. Records could get scratched—that's one of the reasons that CDs are so popular, actually—and a scratch represents a change or a break in the old pattern. The only way to truly change the old pattern is to interrupt it enough times that a new pattern starts to form. Our patterns are exactly like grooves in records. The older the pattern, the deeper the groove, and the more interruptions it will take before we make any permanent changes

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in the pattern. Each time we notice that we have reverted back to our old, negative behaviors, we choose to take a different path.

Sometimes we can get so caught up in our old patterns that it seems like we can't stop ourselves. It's essential that we do not beat ourselves up for not being able to change old habits and behaviors on the first try (or even the second or third

try)! We may not have completely eliminated the pattern, but we did change it: The fact that we were aware that we were acting out an old pattern is, in itself, a change in that pattern. Each time we encounter the pattern, we will become aware of it sooner. Eventually, we will also be able to interrupt the pattern. And when we can interrupt our old patterns, we have the power to choose different, more elegant and supportive responses.

Kevin B. Burk is the author of *The Relationship Handbook: How to Understand and Improve Every Relationship in Your Life*. Visit <http://www.everyrelationship.com> for a FREE report on creating AMAZING Relationships.

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