



Practical Exercise (10 minutes)

Work through this list and record which limiting beliefs are true for you.

I'm unlovable	I can't do it	I'm flawed/imperfect
I'm unwanted	I'm different	I don't matter
I'm bad	I'm unforgivable	I must be approved of
Something bad will happen	Something must change for me to be ok	I'm powerless
The world is dangerous	I'm helpless	Life is hopeless
People take advantage	I must be perfect	I must be in control
I don't belong	I'm not good enough	I can't trust anyone
I'm a failure	I'm insignificant	I'm shameful
I'm a mistake	I'm helpless	I'm not special enough
I'm invisible	I'm guilty	I'm not interesting
I'm unworthy	I'm undeserving	I'm worthless
I'm incapable	I'm misunderstood	I'm abandoned
I will be betrayed	I'm unproductive	I'm unattractive
I'm Incompetent	I'm a failure	I'm a victim
I'm a burden	I'm dumb	I'm used
I'm alone	I'm bad	I'm guilty
I'm sinful	I'm confused	I'm trapped
I'm unlovable	I'm powerless	I'm inferior
I'm separated from God	I'm un-teachable	I'm vulnerable
I'm stupid	I'm weak	I can't get it right
I'm vulnerable	I'm unsuccessful	I'm ugly
I can't say no	I can't stand up for myself	I don't belong
I should not be here at all	I'm afraid	I'm fat
I'm unattractive	I'm left out	I don't deserve to be loved