



Attempting To Clear Negative Limiting Beliefs Of Significant Emotional Experiences

As you know after having read the article “**The Structure Of Beliefs**”, a negative limiting belief can sometimes have quite some evidence (“table legs”) to it.

And in order to eliminate a negative limiting belief completely, in order for it to not feel true anymore at all, you will need to destroy the evidence (the supporting S.E.E.’s) of the belief being true.

By having cleared a S.E.E., you have only gotten rid of one piece of evidence (one table leg).

This one S.E.E. however *could* have been **key evidence**.

Just like a video taping of a murder can be key evidence to solve a murder case, sometimes you clear a S.E.E. that was such an essential piece of evidence you can annihilate the learned negative limiting belief learned in its entirety (though this is not usually the case) with the exercises in this article.

Because there’s this possibility of having cleared essential key evidence after *any S.E.E.* you neutralise, I suggest you do the exercises in this article for *all S.E.E.’s* you clear.

You will always have some sort of positive benefit from doing the exercises in this article, and sometimes the benefits will be less profound than other times.

You will find that as you try to clear the negative limiting beliefs learned from the S.E.E., that sometimes doing the exercises in this article will be profoundly powerful and you can clear a learned negative limiting belief completely.

And at other times (more often) you do the exercises and you hardly any difference in the strength of your negative limiting belief.

You feel it to be nearly as strongly true, or even as strongly true as before the exercises. You might just notice a slight positive feeling, or a slight lessening in the truth of your belief.

This is normal and totally OK!

Sometimes it’s gold and you hit the jackpot, sometimes it’s bronze, but still valuable.

You are doing these exercises because they are immediately helpful and beneficial for you.

I say all this because I have explained to you that changing negative limiting beliefs is so important and I don’t want you to stay stuck with this article because you are frustrated as a result of not being able to clear your negative limiting belief completely.

Most of the times more S.E.E.'s need to be cleared in order to have the beliefs you uncover buckle completely. So it's more often than not the case that the exercises in this article help you lessen the strength of the belief, rather than eliminate the uncovered belief completely.

Therefore I want you to limit how much time and effort you spend on attempting to clear your uncovered beliefs using the steps in this article, because in the next steps of the SCS you will clear more S.E.E.'s and therefore more evidence of the negative limiting beliefs being true.

How much time and effort you spend on clearing the uncovered beliefs will be indicated in with the instructions below this article.

The Exercises

If you are reading this you have already neutralised the negative emotions of a S.E.E.

Right now you will simply uncover what *negative/limiting decision/s* you made during your S.E.E. and after this you will use EFT tapping to *attempt to change* this negative limiting belief towards a more positive one.

#1. Uncover The Negative Limiting Belief(s)

We're first going to uncover which belief you learned from your S.E.E. To uncover the negative limiting belief from the S.E.E., ask yourself the below questions.

NOTE: All the questions are similar and intended to uncover the limiting/negative belief learned. I provide you with several questions, asked in slightly different ways, because often one of these questions applies more than the others.

NOTE: Most often there's *only one* negative limiting belief that you learned.

Sometimes there might have been two, and in even rarer cases even three. But usually one is the strongest that stands out, and the other/s are less intense.

I want you to focus on uncovering the strongest, main negative limiting belief you learned from your S.E.E. and take that one belief through the exercises as instructed.

If after you have done this, you feel that you absolutely have to do this for another belief as well because it felt as strong or nearly as strong as the main negative limiting belief, feel free to do the exercise again.

But generally, I recommend only uncovering the main belief and attempting to clear that one. When I work with clients, I almost never find more than one negative belief learned from a S.E.E.

The Questions:

- What did you come to believe as a result of this experience?
- What did you become strongly convinced about during or as a result of this experience?
- What conclusion did you reach during (or as a result of) this experience?
- What negative lesson did you learn from this experience?
- What decisions (or resolutions) were made during or as a result of this experience?
- How did you interpret that experience as a whole?
- How did you interpret the worst part of that S.E.E.?
- Who or what did you become as a result of that experience?
- What did you learn from this S.E.E. about yourself, others, life or the world around you?

Here are some examples of former clients' S.E.E.'s and the *limiting/negative beliefs* they formed to help you get a better understanding:

- Bram was bullied at school and at one point was held down and humiliated by James. He did not fight back and massively regretted that. He formed the belief "*I'm pathetic*".
- Ellen was 11 years old and when she came to school her friends were all really upset with her for no apparent reason. She did not know what she had done. She was then sat down by the group of girls who were her "friends". She was then told really negative things about her family. She felt terribly ashamed, insecure and humiliated. From this experience she formed the beliefs "*I'm flawed*".
- Janey lived in Korea until she was 5 years old. When she then moved to the United States with her parents she didn't speak the language and was excluded by the other kids. The belief she learned her was "*I'm weird*".
- Johnny was 14 and had a mole on his face. Somewhere on the internet he read that he could shave this off with a razor. He did so and it turned out a disaster. It bled like crazy, and it turned into a scar. After doing this he felt incredibly ashamed, embarrassed etc. And from this S.E.E. he formed the belief (or rather, it strengthened a belief he already had...) "*I am ugly*".
- Lee was 5 years old and he was playing at his room. When his stressed out father came into his room and saw the mess, he got really angry and ended up throwing a shoe at Lee. From this Lee felt rejected, sad, angry and a whole range of other negative emotions. Once we released those negative emotions from the event, we uncovered that the decision Lee made this day was "*I am unlovable*".
- Alyssa grew up in a very strict household where sex was something that was not spoken of. When she told a slightly dirty joke at the dinner table her parents really shamed her for it. From this she decided "*I am a bad person*".
- Patrick grew up with his grandparents. When he at age 7 moved to his real parents to go live with them, he was instructed to fold up his dad's trousers. When he didn't do it correctly, his dad shook his head in disappointment. Patrick formed the belief here "*I need to be perfect to be loved*".
- Paul was only 8 years old when his dad hit him really hard for no apparent reason. Paul formed the belief here "*I am worthless*".

#2. Rate Your Belief On A 0-10 Scale

Once you have uncovered your **negative, limiting belief**, rate how true it feels to you from 0-10 (0 being complete nonsense, 10 being yes that feels absolutely true) when you say your negative/limiting belief out loud.

NOTE: We're not looking for a logical understanding here, but we are looking for how true it *feels*. If you have a belief such as "I'm not good enough" then you logically might know that this is not true. But that's not what we're looking for.

We're looking for how true it *feels* to you. So as you allow yourself to be vulnerable and you say your limiting belief out loud, how true does it *feel* to you from 0-10?

When you try your absolute best, how true can you make your negative limiting belief *feel* on a scale of 0-10?

Once you have your number, write it down.

Then ask yourself what **positive belief** you would like to believe instead.

NOTE: The easiest way is to make the new belief something somewhat believable, don't make it too outrageous. The exact opposite is often a good belief to go for.

As an example, my negative belief was "**everyone is out to get me**" and I changed it to the positive belief "**people are nice and friendly**".

#3. Neutralise Any Possible Subconscious Resistance

Once you have uncovered your **negative limiting belief** go to the video under this article called **“Overcome Subconscious Resistance To Releasing Your Negative Limiting Belief”** and follow along.

We do this because often there is subconscious resistance to letting go of long held beliefs.

When we have had a belief for a long time, we often on a subconscious level don't want to let go of the belief for a variety of reasons (that may make no sense to us consciously).

The belief was taken on to keep us safe, to protect us, to make sense of the world and so on. And we may have become attached to that belief on an identity level. And it may be serving us in some way to hold onto it, and so there is resistance to letting go of the belief.

By following along with the instructions in the video you release this possible subconscious resistance to letting go of your uncovered belief.

#4. Choose A Positive Belief And Tap

Have the **positive belief** you want to believe instead ready and go through the below tapping sequence.

On the Karate Chop (**KC**) 3 times:

“Even though because of this -say the title of your S.E.E.- I made the decision that **-say your negative belief-** I’m now ready to let go of that decision, and I now choose to believe that **-say OUT LOUD your new positive belief-**”

Then tap one round on the negative belief saying “that’s not true”, “that is a lie”, “I no longer believe that”, “that’s an old belief I had” or some form of discounting the old belief still being true after every mention of the **negative belief**. Try to say this with as much conviction as you can.

Over all the points:

EB -say your negative belief-... that’s not true!
SE -say your negative belief-... I no longer believe this!
UE -say your negative belief-... that’s what I used to believe!
UN -say your negative belief-... that’s not true!
CH -say your negative belief-... That’s nonsense!
CB -say your negative belief-... That’s no longer my truth!
UA -say your negative belief-... that’s bull\$%*&!
LP -say your negative belief-... that’s no longer true for me!
WR -say your negative belief-... that’s not true!
TH -say your negative belief-... that is just not true!

Example:

Tap on the Karate Chop (**KC**) and repeat OUT LOUD 3 times:

“Even though because of this -teacher mocked my ears memory- I made the decision that **-everyone is out to get me-** I’m now ready to let go of that decision, and I now choose to believe that **-people are nice and friendly-**”

Tap over all the points:

EB Everyone is out to get me... that’s not true!
SE Everyone is out to get me... I no longer believe this!
UE Everyone is out to get me... that’s what I used to believe!
UN Everyone is out to get me... that’s not true!
CH Everyone is out to get me... That’s nonsense!
CB Everyone is out to get me... That’s no longer my truth!
UA Everyone is out to get me... that’s bull\$%*&!
LP Everyone is out to get me... that’s no longer true for me!
WR Everyone is out to get me... that’s not true!
TH Everyone is out to get me... that is just not true!

Then after this take a breath, and do a second round of tapping (no set up on the **KC** required) where you choose to believe the **positive belief** instead.

So you say: “I choose to believe **-say your positive belief-**” at each and every tapping point.

After each time you mention your new **positive belief**, say some words to confirm the belief. “Yes, that’s true”, “that’s just how it is”, “that’s what I’ve chosen to believe now”, “this is my truth”, “this is the truth” etc.

Over all the points:

EB I choose to believe **-say your positive belief-**... because it’s true!
SE I choose to believe **-say your positive belief-**... of course they are!
UE I choose to believe **-say your positive belief-**... that’s what I choose to believe!
UN I choose to believe **-say your positive belief-**... that’s my truth now!
CH I choose to believe **-say your positive belief-**... because that’s just true!
CB I choose to believe **-say your positive belief-**... because that’s just how it is!
UA I choose to believe **-say your positive belief-**... it’s true!
LP I choose to believe **-say your positive belief-**... it feels good to acknowledge this!
WR I choose to believe **-say your positive belief-**... that’s true!
TH I choose to believe **-say your positive belief-**... and that’s the truth!

Example:

EB I choose to believe that **people are nice and friendly**... because it’s true!
SE I choose to believe that **people are nice and friendly**... of course they are!
UE I choose to believe that **people are nice and friendly**... that’s what I choose to believe!
UN I choose to believe that **people are nice and friendly**... that’s my truth now!
CH I choose to believe that **people are nice and friendly**... because that’s just true!
CB I choose to believe that **people are nice and friendly**... because that’s just how it is!
UA I choose to believe that **people are nice and friendly**... it’s true!
LP I choose to believe that **people are nice and friendly**... it feels good to acknowledge this!
WR I choose to believe that **people are nice and friendly**... that’s true!
TH I choose to believe that **people are nice and friendly**... and that’s the truth!

On the third round you tap from point to point and you alternate between the old **negative belief** and the new **positive belief** you choose to believe. Start on the first tapping point with the old negative belief, then at the next tapping point state the positive belief, then at the next point the negative again, etc. You end with the positive belief on the top of the head point.

Over all the points:

EB **-say your negative belief-**
SE I choose to believe **-say your positive belief-**
UE **-say your negative belief-**
UN I choose to believe **-say your positive belief-**
CH **-say your negative belief-**
CB I choose to believe **-say your positive belief-**
UA **-say your negative belief-**
LP I choose to believe **-say your positive belief-**
WR **-say your negative belief-**
TH I choose to believe **-say your positive belief-**

Example:

EB Everyone is out to get me

SE I choose to believe people are nice and friendly

UE Everyone is out to get me

UN I choose to believe people are nice and friendly

CH Everyone is out to get me

CB I choose to believe people are nice and friendly

UA Everyone is out to get me

LP I choose to believe people are nice and friendly

WR Everyone is out to get me

TH I choose to believe people are nice and friendly!

#5. Rate Your Negative Limiting Belief Again (And Tap?)

You aim to get the belief to feel 0 out of 10 true. After you have now gone over the tapping sequence in step #4, rate how true your negative limiting belief feels to you now.

When you say your negative limiting belief out loud, how true does it feel to you on a scale of 0-10?

NOTE: We're not looking for a logical understanding, but we are looking for how true it *feels*. Allow yourself to be vulnerable as you say your limiting belief out loud, and rate how true it *feels* to you on a 0-10 scale.

After rating your uncovered negative limiting belief after having gone through step #4:

1. If it still feels *just as true* as it felt before you went through step #4 in this article, then this is in 95% of the cases because there are more S.E.E.'s (evidence) that need to be cleared in order to have this belief budge completely.

No worries, perfectly normal. You have done what you needed to do. It's a success regardless of the result.

Simply stop tapping on the uncovered belief (because you need to eliminate more evidence first before the belief can be eliminated) and move forward in the SCS.

2. If the belief still feels true, but it feels *less true* then maybe you can get it to feel even less true by tapping more on it. Therefore, go through step #4 in this article again in the exact same way as you did before. Keep doing so until the belief no longer goes down in intensity/believability, or no longer feels true.
3. If it no longer feels true at all, you are done with that specific belief.