

Step Two: Understand Your Beliefs

Go through each belief on your list and **circle between five and ten beliefs that have *the most negative charge for you*** – that is, the beliefs you feel really interfere with your life. Next to each circled belief, write down your answers to the following questions:

- a. Has this belief been *beneficial* to me in my life or *detrimental* to me?
- b. Was this belief *indoctrinated* into me? If so, by whom? Did I ever consciously *choose to believe it*? If so, when? And why did I do so?
- c. What has been the *advantage* of having this belief? How has it *served* me in my life? What did I *get* or *gain* by having this belief? What did I *avoid* by having this belief?
- d. Who would I be without this belief?
- e. What would be different in my life if I held a different belief about this subject?
- f. Would I be willing to try out a different belief?
- g. What belief could I replace it with that would be more positive, beneficial, and empowering in my life?

Step Three: Which Beliefs Would You Like To Change?

Next, pick **one to three** of these beliefs that you would like to change, and write them here:

- 1) _____.
- 2) _____.
- 3) _____.

Step Four: Create New Beliefs

When you discreate (destroy, eliminate, disappear) an old belief, what is created is space, a sense of openness, of possibility. You then have the opportunity to install a new, more empowering belief in that space. If you don't fill the space, the old belief can sometimes creep back in.

Look at *belief #1* above. What would you like to believe instead? A good place to start is its opposite, but don't stop there. You can enhance the new belief so that it feels very supportive and positive in your body as well as your mind.

For example: if the old belief is *"There's something wrong with me,"* you could replace it with, *"There's something right about me."* That belief is better, but it's not really empowering. If you push it all the way up the scale of good feelings, you might come to: *"I am the light of my soul. I shine with my unique and perfect light."* Can you feel the difference? We're going for that "WOW" feeling.

Here's another example. If you hold the old belief, *"I am not loved,"* you could replace it with *"I am loved,"* which is a good belief to have. But feel what it would feel like to believe, *"I deserve and receive love from every person in my life who is right for me."* Since you get to choose the beliefs you have, you might as well find the most empowering beliefs that you can express, own, and enjoy.

Here's another way to think about it: Since every belief produces a specific feeling & experience, ask yourself what experience you would LIKE to have about this topic. Imagine having that feeling right now. Now ask yourself what belief would create that feeling.

You'll have an opportunity to try on your new beliefs inside your *BeliefCloset*, and you can make adjustments as necessary when you're there.

When you work with a *BeliefCloset Practitioner*, he or she will work with you to shape the beliefs that will best serve you. And don't worry – you can always improve your beliefs later. You've been living with those old beliefs for decades. Creating new beliefs is a skill that improves with practice. **Take time now and write down the beliefs you would like to have in place of the three old limiting beliefs above.**

My three new beliefs:

- 1) _____.
- 2) _____.
- 3) _____.

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To learn more about the BeliefCloset Process training, and hear live demos of the process' healing power, visit www.ClearBeliefs.com

Listen to a recording of an [Introductory BeliefCloset Teleseminar](#).

Download the free multimedia eBook, ***Transform Your Beliefs***, by registering here: www.TransformYourBeliefs.com.

Travel well on your journey through the landscape of your beliefs!

