



## TIMELINE BELIEF CHANGE PROCESS

**Purpose:** Release a limiting belief and create a new empowering belief.

1. **Old Limiting Belief:** Identify the Limiting Belief. Make certain that it is a belief and not a behavior or activity. Write it down. Step into Old Limiting Belief Space. Say, "Standing in the old limiting belief space, state your limiting belief. Notice how it feels. Notice any feelings that come up for you. Notice any feelings in your body and/or images the statement evokes in you."

2. **Positive Intention:** How Did It Serve You? "What has been the positive purpose in your holding this limiting belief all these years? Or "how has it served you to hold onto this belief?"

Ask "How has it served you?" (e.g., not feeling worthy helped me to fit into my family.) "How else has it served you?" (e.g., not feeling worthy made me work hard to get to where I am today.)

Then say, "Take a moment and acknowledge the positive purpose that holding this belief has given you."

3. **Old Belief. Movie. Timeline:** Ask "Is this old belief in alignment with all of your core values? Is any value being violated by you holding this limiting belief?"

Find counter examples: Ask "Is this belief ALWAYS true for you? Is it always true of everyone? Is this a belief you would want to teach your child or other small children?"

Now say, "Watch a mental movie of the actions you took as a result of holding that old limiting belief." Pause as the person pictures he/her old behavior associated with the limiting belief.

Now say, "Point to where you think your future timeline might be." After they show you, have them look to the left of this timeline and say, "Create a future in which you continue to hold on to this old limiting belief. What is your life like?" Go out 5, 10, 15, 20 years. Check for ecology: "Is there any downside to letting go of this belief?"

Now have them look to the right of the timeline and say, "Now create a future in which you have successfully let go of this old, limiting belief. What's different? What's your life like now? And 5, 10, 20 years in the future?"

And then, "what's an empowering belief - simply stated - that you're experiencing in this future?"

In a gentle voice say, "Let me know when you are ready to let go of this old, limiting belief." When they acknowledge, "Let it go now .... and step forward into your new empowering belief."

**4. New Empowering Belief:** Have the client state their new belief out loud. Have them use congruent symmetrical gestures and hold their body in a way that supports this belief. Then have them turn around and look back at the old limiting belief and ask, "What are you experiencing as you look back?" (What you're going for is an experiential disconnection from the old belief. You might also have them go back through each space and review, in order to solidify the disconnection from the old belief.