

Uncovering Unconscious Blockages & Limiting Beliefs

Instructions: Answer each question as honestly as possible. The goal is to bring awareness to patterns, thoughts, and beliefs that may be operating beneath your conscious mind. There are no right or wrong answers. Write down your immediate thoughts, feelings, and insights as they come up.

Section 1: Self-Perception & Identity

1. If you could describe yourself in three words, what would they be? Why?
2. What are you most proud of about yourself?
3. What is something you secretly criticize yourself for but don't tell others?
4. When you think about achieving success, what fears or doubts come up for you?
5. What is the biggest mistake you've made in life, and what did you learn from it?
6. If you could change one thing about yourself instantly, what would it be and why?
7. How do you react when someone compliments you? (Do you feel awkward, dismiss it, accept it?)
8. What stories do you tell yourself when things go wrong? ("I'm unlucky," "I always mess up," etc.)
9. How do you define "failure"? Do you believe you can recover from failure? Why or why not?
10. What is your relationship with perfectionism? Do you feel like you have to be perfect to be loved or accepted?

Section 2: Childhood & Early Conditioning

11. **What were the most common phrases or beliefs your parents or guardians repeated to you as a child? ("Money doesn't grow on trees," "Be realistic," "Don't talk back," etc.)**
12. **What expectations did your family place on you as a child?**
13. **Did you feel emotionally supported as a child? If not, what did you do to get support?**
14. **What was your role in your family (e.g., peacemaker, overachiever, rebel, etc.)? How has this role followed you into adulthood?**
15. **Did you ever feel like you had to "earn" love or approval growing up? If so, how did you do it?**
16. **What did your family believe about money, success, and wealth? How do those beliefs show up in your life now?**
17. **Did you feel safe expressing your emotions as a child? Which emotions were "allowed" or "forbidden" in your household?**
18. **How did your parents/guardians handle conflict? How do you handle conflict now?**
19. **As a child, what were you most afraid of? Do you still fear that today?**
20. **What was your family's attitude toward mistakes and failure? How has that shaped your attitude today?**

Section 3: Relationships & Boundaries

21. How comfortable are you saying "no" to people? What thoughts come up when you do?
22. Do you tend to prioritize the needs of others over your own? If so, why do you think that is?
23. What types of people trigger you the most (e.g., controlling people, people who ask for help, people who are confident, etc.)? Why?
24. How do you react when someone sets a boundary with you?
25. What patterns do you notice in your romantic relationships (e.g., choosing unavailable partners, constant people-pleasing, feeling unworthy of love, etc.)?
26. Do you feel like you have to "earn" love from your friends, partner, or family? If so, how do you do it?
27. How do you respond when someone criticizes you? Do you shut down, defend yourself, or something else?
28. Do you find yourself in relationships where you feel undervalued, unseen, or taken advantage of? If so, why do you think that is?
29. What boundaries have you set in your life, and how do you enforce them?
30. If someone betrays or disappoints you, how do you react? Do you hold on to resentment, seek revenge, or try to forgive?

Section 4: Money, Wealth & Abundance

31. If you had unlimited money, how would your life change? What fears or doubts come up when you imagine that life?
32. What is your biggest fear around money?
33. Do you believe you are worthy of wealth and abundance? Why or why not?
34. What do you believe "rich" people are like? Do you think you could become like them? Why or why not?
35. Do you associate money with greed, power, happiness, or something else? Explain.
36. When you think about receiving money effortlessly (e.g., a gift, inheritance, lottery win), how does that make you feel?
37. Do you feel guilty about spending money on yourself? Why or why not?
38. How did your family talk about money when you were a child (e.g., scarcity, wealth, greed, etc.)?
39. What would it mean for you to be "financially free"? What beliefs are keeping you from achieving it?
40. What is the biggest financial risk you've ever taken? Did it pay off or fail, and what did you learn from it?

Section 5: Career, Purpose & Ambition

- 41. What is your dream career or ideal life purpose? Why aren't you living it right now?**
- 42. What fears or excuses do you have around pursuing your dream career?**
- 43. When was the last time you self-sabotaged your career, success, or growth? How did it happen?**
- 44. What do you believe is "possible" for you when it comes to success?**
- 45. Do you believe you have to work hard to succeed, or do you think success can come with ease? Why?**
- 46. Do you ever feel like you're "not good enough" in your career, business, or purpose? Where does that come from?**
- 47. When you think about achieving your big dreams, what fears, worries, or doubts come up?**
- 48. Do you ever compare yourself to others in your field or industry? How does it make you feel?**
- 49. What is the biggest risk you've taken in your career, and what did you learn from it?**
- 50. What excuses do you make to avoid taking action on your dreams?**

Section 6: Emotional Triggers & Reactions

51. What situations, people, or comments make you feel angry, defensive, or reactive?
52. When you feel hurt, do you lash out, withdraw, or do something else?
53. What recurring thoughts do you have during moments of anxiety, fear, or self-doubt?
54. What words, judgments, or criticisms from others trigger your insecurities? Why do you think that is?
55. Do you feel like you have to "prove" yourself to certain people? Who are they?
56. What habits do you turn to when you feel uncomfortable emotions (e.g., scrolling on social media, overeating, etc.)?
57. What areas of your life feel "stuck" or "blocked"? Why do you think that is?
58. How do you react when people ask you for help, time, or support?
59. When was the last time you experienced jealousy or envy? Who or what triggered it, and why?
60. Do you feel like you're "too much" or "not enough" in certain areas of your life? Why do you think that is?

Section 7: Self-Awareness & Breakthroughs

- 61. What is one thing you know you should let go of but haven't been able to?**
- 62. What area of your life feels most out of alignment?**
- 63. What advice would your future self (5-10 years from now) give you today?**
- 64. What personal belief do you have that you know is limiting you but you haven't challenged yet?**
- 65. If you could rewrite one story you tell yourself about life, success, or love, what would it be?**
- 66. If you knew you couldn't fail, what would you do tomorrow?**

Next Steps:

1. Review your answers.
2. Look for recurring themes (fear of rejection, need for approval, money scarcity, etc.).
3. Ask yourself, "What would it feel like if I no longer believed this?"
4. Identify which beliefs you'd like to release and rewrite them with empowering alternatives.

Here's a **Comprehensive Guide on How to Analyze Each Question for Insight Into Unconscious Blockages & Limiting Beliefs**. This guide will help you interpret the responses to reveal hidden patterns, underlying fears, and core beliefs that may be holding someone back.

Step 1: Identify Recurring Themes

Look for patterns that show up in multiple questions. Common themes might be:

- **Fear of Failure:** Mentioning mistakes, regrets, or feeling "not good enough."
- **Perfectionism:** Desire for everything to be "just right" before taking action.
- **People-Pleasing:** Putting others' needs first or feeling uncomfortable saying "no."
- **Money Scarcity:** Beliefs that money is "hard to get" or that rich people are "greedy."
- **Fear of Rejection:** Avoiding conflict, fearing criticism, or seeking validation from others.
- **Childhood Conditioning:** References to childhood roles (like being "the peacemaker" or "the overachiever") that now affect adult behavior.

What to Do

- Underline or highlight words that show up repeatedly (e.g., "fear," "mistake," "failure," "not enough," "too much," etc.).
 - Ask: "What is the root of this recurring theme? What fear or belief is it connected to?"
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Step 2: Spot Language That Signals Limiting Beliefs

Certain words and phrases indicate limiting beliefs, such as:

- **Absolute Language:** "I always mess up," "I'm never good enough," "I have to," "I can't."
- **Excuses/Justifications:** "I would do this, but..." or "I could do that if only..."
- **Self-Identification Statements:** "I'm just not a confident person," "I'm bad with money," "I'm a failure."

What to Do

- Circle absolute words like "**always,**" "**never,**" "**can't,**" "**must,**" "**have to,**" "**should.**"
 - Ask: "Is this statement an absolute truth or just a belief? Can I reframe it into something more flexible?"
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Step 3: Look for Triggers & Emotional Reactions

People's emotional reactions to certain questions offer clues about where blockages lie. Pay attention to:

- **Avoidance:** Skipping questions, giving short answers, or saying, "I don't know."
- **Emotional Reaction:** Anger, frustration, sadness, or defensiveness in response to certain prompts.
- **Confusion/Uncertainty:** If the person says, "I never thought about that," or "I'm not sure," they've likely hit an unconscious area.

What to Do

- Ask: "Why is this question difficult to answer? What resistance is showing up here?"
 - Encourage deeper reflection with follow-ups like:
 - "If you *did* know the answer, what would it be?"
 - "What part of this question feels uncomfortable?"
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Step 4: Unpack Childhood Conditioning

Childhood experiences shape unconscious beliefs about love, success, and self-worth.

Questions about childhood often reveal:

- **Roles & Identities:** "I was the 'responsible one' growing up," "I had to be the 'good kid'."
- **Parental Messages:** "You have to work hard to be successful," "Mistakes are bad,"
"Don't talk back."
- **Safety & Emotional Security:** If emotional safety was compromised in childhood, it might show up as fear of vulnerability, conflict avoidance, or fear of making mistakes.

What to Do

- Highlight any mention of **roles** (like "peacemaker" or "overachiever") and beliefs that clearly came from parents, caregivers, or early life experiences.
- Ask: "Is this belief still serving you today? Where do you think this belief originally came from?"

Step 5: Decode Beliefs About Money, Success, & Abundance

Beliefs about money and success often operate in the background. Questions in this section reveal whether the person has an **abundance mindset** or a **scarcity mindset**.

- **Scarcity Mindset:** Believing there's "not enough" (money, love, time, etc.) to go around.
- **Abundance Mindset:** Believing there's enough for everyone and trusting they can create opportunities.

Red Flags for Limiting Beliefs:

- "Money is hard to get."
- "I'm not lucky with money."
- "Rich people are greedy, dishonest, or selfish."
- "You have to work hard for every dollar."

What to Do

- Look for patterns in statements that reflect **scarcity thinking**.
- Ask: "What belief do you have about money, and where did it come from? Is this belief true, or can it be challenged?"
- Use a reframe: "If you believed money could come easily and joyfully, how would your decisions change?"

Step 6: Analyze Relationship & Boundary Patterns

Relationships mirror the beliefs we hold about ourselves. Questions in this section reveal how well someone maintains boundaries and self-worth. Look for:

- **People-Pleasing:** Putting others' needs before their own.
- **Codependency:** Believing they need to "earn" love or approval.
- **Fear of Conflict:** Avoiding setting boundaries because of fear of "rocking the boat."

What to Do

- Note any signs of **people-pleasing, self-sacrifice, or conflict avoidance.**
- Ask: "Where do you think you learned to prioritize others over yourself? How can you practice putting yourself first in small ways?"

Step 7: Recognize Emotional Triggers & Reactions

The way someone reacts to criticism, conflict, and discomfort shows where their unresolved wounds lie. Look for signs of:

- **Shame:** Feeling "bad" or "unworthy" instead of seeing the behavior as separate from self.
- **Defensiveness:** Explaining or justifying their actions.
- **Projection:** Criticizing others for behaviors they unconsciously dislike about themselves.

What to Do

- Ask: "What is the root fear behind this reaction? Is it fear of being wrong, being unloved, or something else?"
- Challenge the trigger: "What if you could experience this situation without feeling (anger, fear, judgment, etc.)?"

Step 8: Identify Fear of Failure & Self-Sabotage

Fear of failure often hides as **perfectionism, procrastination, or avoidance**. Look for these clues:

- "I have to get it right the first time."
- "I don't know enough to start."
- "If I fail, people will judge me."

What to Do

- Ask: "Where does this fear come from? What is the worst-case scenario if you fail? How likely is it to happen?"
- Reframe fear: "What would it look like if failure was part of growth and not something to avoid?"

Step 9: Reframe Beliefs & Create Empowering Alternatives

Once you've identified the beliefs, it's time to **rewrite them** into empowering alternatives. Here's how:

1. **Identify the Belief:** ("I'm not good enough.")
2. **Challenge It:** ("When did I decide this? Is it 100% true?")
3. **Reframe It:** ("I'm learning and growing every day. I don't have to be perfect to be worthy.")

Key Analysis Questions to Ask for Deeper Reflection

- What beliefs are being repeated across multiple questions?
 - Where do these beliefs come from (childhood, society, past failures, etc.)?
 - Is this belief an absolute truth or just a perspective?
 - If you didn't believe this thought, how would your life change?
 - What would your future self tell you about this belief?
 - What is one small action you could take to challenge this belief?
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Example Analysis of Responses

Question: "If you could change one thing about yourself instantly, what would it be?"

Response: "I wish I wasn't so indecisive."

- **Insight:** The person may fear making the "wrong" choice due to a belief that mistakes are unacceptable.
 - **Limiting Belief:** "If I make a mistake, people will judge me."
 - **Reframe:** "Every choice is a learning opportunity. I don't have to be perfect to succeed."
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Summary

1. **Identify recurring themes** (fear, doubt, self-sabotage, perfectionism, etc.).
 2. **Spot language that reflects limiting beliefs** (absolute language, excuses, "I can't" statements).
 3. **Notice emotional triggers and avoidances** (defensiveness, fear, confusion).
 4. **Uncover childhood beliefs and family programming** (messages from parents/guardians).
 5. **Challenge and reframe beliefs** with new, empowering perspectives.
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