

# Determining Limiting Beliefs

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In doing Mental and Emotional Release®, we will work mostly with eliminating the client's past Negative Emotions and Limiting Beliefs. It is important to determine the difference between these two modalities of intervention. Generally anything that is not a Negative Emotion is a Limiting Belief. There are also some additional criteria for determining a Limiting Belief. You will work with a Limiting Belief when it is described as:

1. **Anything you can't feel:** If the description the client gives you is something, which when you "try it on" is something you cannot feel without hallucinating substantially then you are working with a Limiting Belief. "I just don't feel happy," for example, is a Limiting Belief.
2. **Negations:** As in the example above, anytime you hear a negation describing anything, which might be a Negative Emotion, you should be looking for a Limiting Belief. Examples include, "I'm not capable", "I don't feel loved", and "I can't make the kind of money I want."
3. **Comparatives:** Whenever you hear a comparison, such as, "I wish I could make more money", treat it as a Limiting Belief. Comparatives include statements such as, "I have low self esteem", "I am not good enough", or "I want to feel better about myself."
4. **All Beliefs:** What is not obvious is that any time we have a Limiting Belief we must have Limiting Decision, which preceded it. Each time in the past when you adopted a Limiting Belief, a Limiting Decision preceded that acceptance. A Limiting Decision preceded even the beliefs that were adopted from other people. If a client says, "I don't believe I can do it", the Practitioner should say, "When did you decide that?"
5. **Physiological Issues:** Many issues that result in physiological symptomology have their roots in decisions. (This includes all physiological issues that look like dis-ease.)
6. **Accidents:** Many events in the client's past are the result of decisions that the client made which preceded the event. Even if this is not "true", when the client accepts his/her creation of a past "accident" then the client can un-choose the event and thus change his/her future.
7. **A Negative Emotion which is not at Cause:** If the client has a negative emotion for which they are not at cause, then it might be necessary to get the limiting belief for when they decided to create that negative emotion.