

# IDENTIFYING & TRANSFORMING SUBCONSCIOUS LIMITING BELIEFS



A step-by-step guide  
to identify subconscious limiting  
beliefs and transform them to  
positive, empowering ones.

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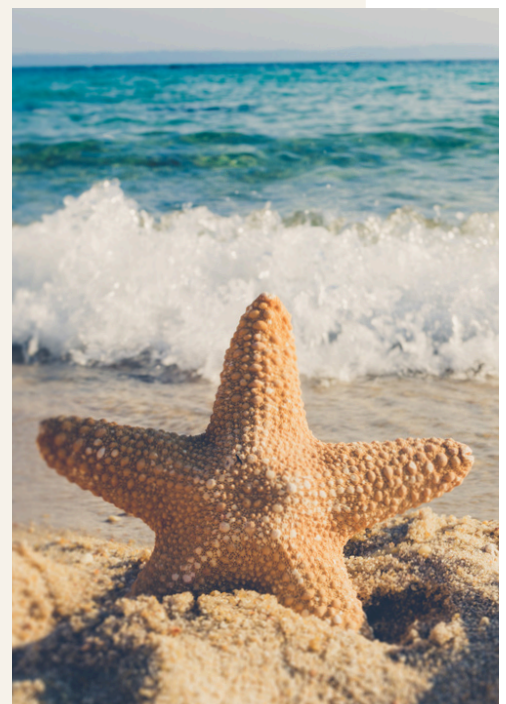
# What are Subconscious Limiting Beliefs ?

Your Subconscious limiting beliefs are your deeply rooted thoughts and convictions that operate below your level of conscious awareness and keep you in toxic cycles such as self-sabotage, attracting toxic situations or relationships, fear of change, reinforcing negative patterns, low self-esteem, anxiety, depression, perpetuating negative beliefs, money blocks, and more. Despite desperately wanting to progress in various areas of your life, if you have not identified and reframed your limiting beliefs to more positive and empowering ones, you will continue to find yourself in the same toxic cycles and behaviours.

Your subconscious beliefs shape how you perceive yourself and the world around you and significantly influence your behaviour and decision-making processes. They are often formed during early childhood or through repeated experiences.

## Take this for example....

Perhaps you grew up in a family where your parents had high expectations and were often critical. When you brought home a report card with mostly good grades but one lower grade, a parent may have only focused on the lower grade and criticized you, saying things like, "Why can't you do better? You're smart enough to get all A's." They may have rarely praised you for your achievements or efforts, focusing instead on what could be improved...



Over time, as a child you begin to internalize the idea that nothing you do is ever good enough. The repeated focus on shortcomings and lack of positive reinforcement leads you to develop a belief that you are not capable of meeting expectations, no matter how hard you try. Even if you excel in other areas, the emphasis on criticism makes it difficult for you to feel confident or worthy.

Without realizing it, your subconscious mind begins to form a core belief that you are inherently flawed or inadequate. This belief may manifest as low self-esteem or low self-worth, affecting how you perceive yourself and your abilities. In adulthood, you might struggle with self-confidence, shy away from challenges, or constantly seek validation from others to feel good about yourself.

These early experiences and the associated emotional responses are often internalized, becoming part of the subconscious mind. As a result, they can influence thoughts, behaviours, and self-perception well into adulthood.

## Key factors that formulate Subconscious Beliefs:

**Parental Criticism:** Consistent negative feedback can lead to feelings of inadequacy.

**Lack of Positive Reinforcement:** Absence of praise or acknowledgment can prevent the development of a healthy self-image.

**High Expectations:** Unrealistic or overly demanding expectations can make a child feel like they can never measure up.

**Emotional Climate:** A lack of emotional support or warmth can exacerbate feelings of loneliness and unworthiness.

## Ways in which Subconscious Limiting Beliefs affect us?

### 5. Mental & Emotional Well – being

These beliefs can contribute to stress, anxiety, and depression. They can create a negative inner dialogue that perpetuates feelings of sadness, worry, or frustration.

### 6. Career & Personal Growth

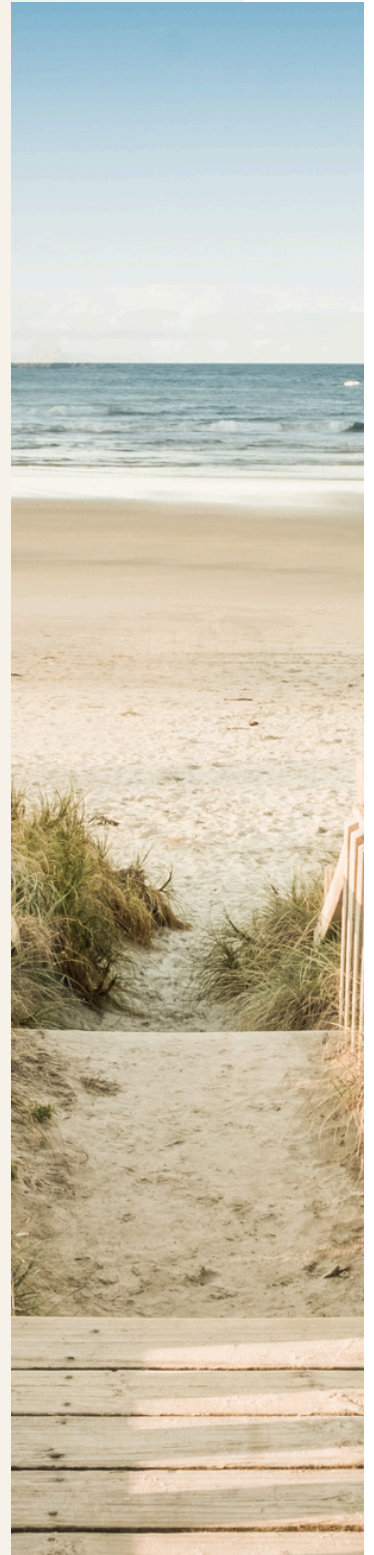
Limiting beliefs can prevent you from reaching your full potential. They can cause you to settle for less in your career, avoid seeking promotions, or stop you from starting a business.

### 7. Physical Health

Chronic stress and negative thinking associated with limiting beliefs can manifest physically, potentially leading to issues like headaches, fatigue, or other stress-related conditions.

### 8. Manifestation & Law of Attraction

According to some beliefs, limiting thoughts can affect what you attract into your life. If you constantly think negative thoughts, you might attract negative experiences.



# Proven Methods for Identifying Subconscious Limiting Beliefs:

“Identifying subconscious limiting beliefs is a process that takes time and patience. Combining these methods can provide a comprehensive approach to uncovering and addressing these beliefs. Identifying your subconscious limiting beliefs involves a combination of introspection, observation, and sometimes external guidance.

## Self-Reflection & Journalling:

1. **Pay Attention to Self-Talk:** Notice the recurring thoughts or phrases you say to yourself, especially in challenging situations. Negative or limiting statements can reveal underlying beliefs.
2. **Journal Regularly:** Write about your experiences, emotions, and thoughts. Patterns may emerge that highlight limiting beliefs.
3. **Try Prompt-Based Writing:** Use prompts such as "I can't achieve my goals because..." or "I don't deserve success because..." or "I feel scared because..." to uncover hidden beliefs.
4. **Free Writing:** Write continuously for a set period (e.g., 10-15 minutes) without worrying about grammar or structure. This can help reveal subconscious thoughts. Try free writing for the above prompts.

# Proven Methods for Identifying Subconscious Limiting Beliefs:

5. **Emotional Reactions:** Pay attention to moments when you experience strong negative emotions such as anxiety, frustration, anger, sadness, or fear. These reactions can signal the presence of a limiting belief.
6. **Identify Triggers:** Note situations or people that trigger strong emotions. Reflect on why these triggers affect you and what beliefs might be underlying them. Determine what triggered the emotional response. It could be a situation, a comment from someone, a failure, or even a thought.
7. **Examine the Underlying Thoughts:** Reflect on the thoughts you had at the time of the emotional reaction. Ask yourself, "What was I thinking in that moment?" or "What did I tell myself?"
8. **Monitor Behavioural Patterns & Strong Emotions:** Intense emotional reactions, such as fear, anger, or sadness, can be indicators of underlying beliefs being triggered.
9. **Observe Repeated Behaviours:** Patterns of behaviour that seem counterproductive or self-sabotaging can be signs of limiting beliefs.
10. **Look for Avoidance:** Avoiding certain tasks, people, or situations can indicate fear or beliefs about inadequacy.

11. **Pay Attention to Dreams:** Dreams can provide insights into subconscious thoughts and beliefs. Keeping a dream journal can help you identify recurring themes or symbols.
12. **Practice Mindfulness:** Being present and mindful can help you observe your thoughts and emotions without judgment, making it easier to identify patterns.
13. **Meditation:** Regular meditation can help you access deeper levels of your mind and become more aware of subconscious thoughts.

To find out more about how to meditate  
and regulate your emotions discover  
Reiki Energy Healing:





# Transforming and Reframing Subconscious Limiting Beliefs:

“By identifying and challenging these beliefs, you can start to reprogram your subconscious mind and create a more positive and empowering outlook on life. When you have a positive inner–belief system you’re able to live your happiest, most fulfilling, creative and abundant life because it shapes your mindset, influences your actions, and attracts positive experiences and opportunities.

1. **Self- Awareness:** Identifying these beliefs is the first step.
2. **Challenging Beliefs:** Question the validity of these beliefs and look for evidence that contradicts them.
3. **Mindfulness and Meditation:** These practices can help you become more aware of your thoughts and develop a more positive mindset.
4. **Cognitive Restructuring:** Challenge negative thoughts by questioning their validity and considering alternative, more positive perspectives.
5. **Affirmations:** Positive affirmations combined with mindfulness, other therapy and self care can help reprogram your subconscious mind.

“ Consciously replace the negative thought and belief that holds you back with positive, empowering statements.

## A step-by-step guide to help you use affirmations effectively:

### 1. Create Positive and Present Tense Affirmations:

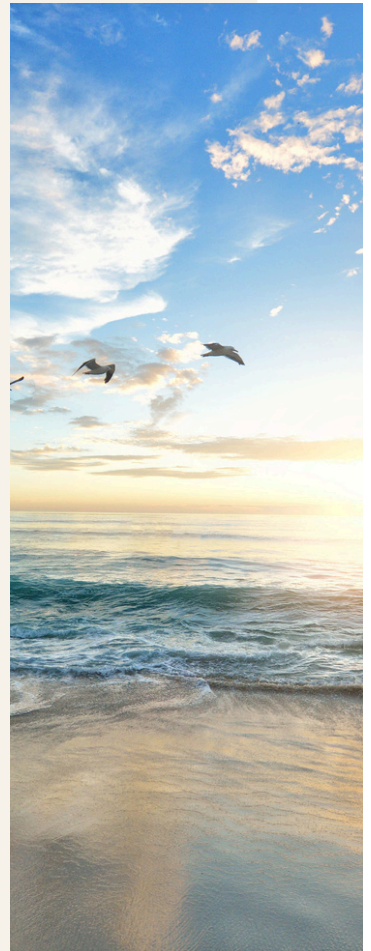
Write affirmations in a positive and present tense, as if they are already true. For example, replace "I'm not good at this" with "I am capable and confident."

### 2. Specific and Personal:

Make affirmations specific to your situation and personally meaningful. For example, "I attract financial abundance" instead of "I am rich."

### 3. Believable and Realistic:

Choose affirmations that feel believable. If an affirmation feels too far-fetched, it may be less effective. You can gradually increase the boldness of your affirmations as you become more comfortable with them.



## A step-by-step guide to help you use affirmations effectively:

### 4. Daily Practice:

Repeat your affirmations daily, ideally in the morning or before bed. Consistency is key to reprogramming your subconscious mind.

### 5. Visualization:

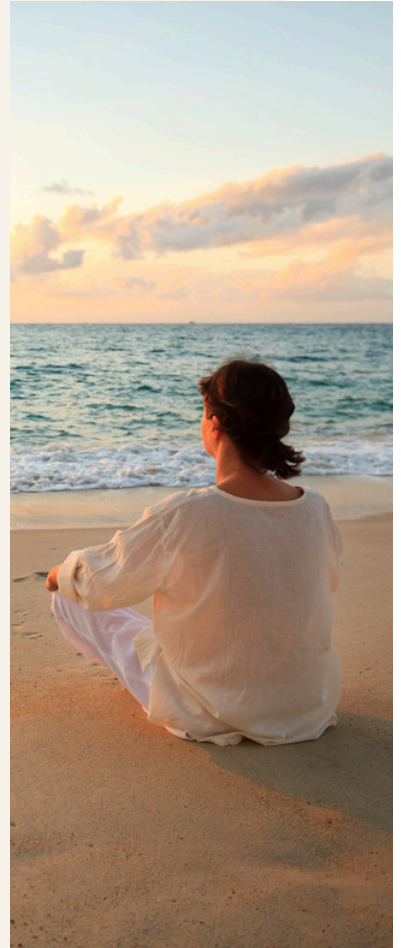
While saying your affirmations, visualize yourself living out the affirmation. This strengthens the belief and helps you internalize it.

### 6. Write Them Down:

Writing affirmations can reinforce them. Keep a journal and write them daily or post them in visible places like mirrors or your workspace.

### 7. Feel the Affirmations:

It's essential to connect emotionally with your affirmations. Feel the emotions you would feel if the affirmation were already true. This emotional connection helps in reinforcing the belief.



# The Number One Reason Hypnotherapy is More Effective than Talk Therapy:



Unlike traditional talk therapy, hypnosis allows individuals to access their subconscious mind, where many deeply rooted beliefs and behaviors originate. This enables them to address their challenges at a deeper level, leading to transformative changes that can be difficult to achieve through other therapeutic methods.

## Further reasons ....

### **Heightened Suggestibility:**

In a hypnotic state, individuals are often more open to suggestion, which can facilitate the reframing of negative beliefs and the implantation of positive, empowering beliefs. This heightened suggestibility can accelerate the process of change.

### **Focused State of Mind:**

Hypnosis often involves a narrowed focus of attention, which can help individuals concentrate more deeply on specific issues, making it easier to identify and address core beliefs.

### **Reduced Resistance:**

The relaxed state associated with hypnosis can lower psychological defences, making it easier for individuals to accept new perspectives and ideas. This can make the process of change feel smoother and faster.

## Conclusion and Next Steps:

If you're ready to start transforming your limiting beliefs that are holding you back from aligning with your best self and creating your happiest, most abundant life then book your first hypnosis session with me today with the QR code below.



Michelle K. Rose, founder of Energy Embodied, is a Transpersonal Hypnotherapist, Reiki Master Teacher and Healer, and a Spiritual Coach based in Montreal, Canada with services around the globe.

*Thank you!*



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