

How are you going to discover what subconscious beliefs you have about your situation?

1. Mindfulness. How do you talk to yourself in the situation? You may want to sit down and journal about this. Write for quite some time, write beyond your conscious knowing, write until your writing becomes a bit trance-like, automatic. That is where you find out things you didn’t know yet.
2. Start catching yourself thinking repeating thoughts about the situation. Start questioning those thoughts.
3. Dig up the beliefs that originate in your youth. Answering the journaling questions

In my family xxxxx was considered….

My mum feared….

My dad was convinced that….

My parents would always say that….

When I…. my parents would…..

…… was considered a sin in my family

…. was rewarded in my family

I think xxxxx is ……

The situation I’m in tells me…….

I’m afraid that if I get what I want, I……

I don’t believe I can ever…..

People like me always….

I am where I am because….

If I got out of this situation I…..

1. Let your mind wander – when you ask yourself where did this belief originate, what comes up? Don’t judge or censor – allow the first thing that comes up to be ‘it’, and reflect on it. Dig a little deeper, let memories come up. Write about it if that helps. What was the situation? What happened. What did you make it mean? About you?