

Bennett | Stellar University®

OF INTEGRATIVE COACHING & LIFE TRANSFORMATION



TRAINING MANUAL

CHANGING LIMITING BELIEFS THE LIMITATION DESTROYER

LESSON #NLC-30



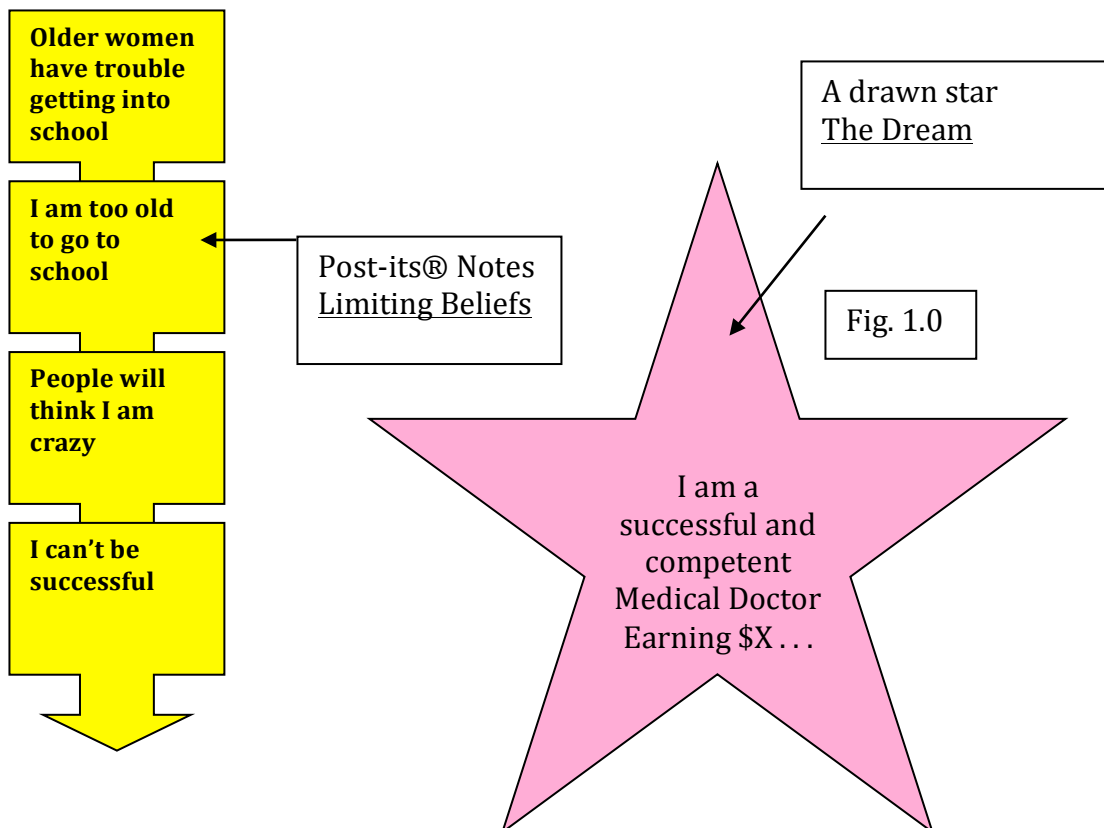
DreamSculpting® Level II – Creation

Limitation Destroyer (Critic’s State)

The art of achievement for the enlightened

Example: Lets say that we have a client named Angela. After Angela has completed all of her integration on Level I with her Coach she will proceed to Level II- Creation. One of Angela’s dreams for her life is to become a doctor. Angela has well-formed her dream and now her dream is to become a successful and competent medical doctor earning \$X by Date/Year. Angela draws a star in the center of a flip chart size piece of paper and writes her well-formed dream in the center of the star. This is the beginning of Angela’s storyboard. Angela has also expressed that there are a few beliefs that may limit her from obtaining her goal. She writes these beliefs each on a Post-it® note and places it on her storyboard. Angela’s storyboard now looks similar to Figure 1.0 below.

Now Angela and her Coach® will change the limiting beliefs listed on the Post-it® notes with the “Changing Limiting Beliefs Process”. If Angela has a large amount of limiting beliefs, the coach can use “TimeLine Coaching” to get to the root cause of all or most of her limiting beliefs and remove them all at once. Changing Angela’s beliefs with “TimeLine Coaching™” will greatly transform her life and greatly improve her self-image. (See Lesson #NLC-31 for more information on this process.) Once this step is complete, Angela and her coach will move on to DreamSculpting® Level III – Shaping Stage.



DreamSculpting® Level II – Creation

Changing Limiting Beliefs Process

1. Establish the following spaces as anchors:

A: A neutral "**Meta-Position**" space where you can review the whole process, talk about it, etc.

B: A space for your "**Limiting Belief**" This space represents a knowing that you believe.

G: A "**Sacred Space**" that represents your mission in life A space of congruent self trust that you know is absolutely sacred to you that you wouldn't violate.

C: A space for "**Open To Doubting**" Think of something you believe but you're not sure about it.

F: A space for "**Open To Believing**" Think of something you don't believe that you are now open to believing.

D: A space for "**Museum of Old Beliefs**" The things you used to believe and no longer do.

E: A space for "**The Belief You Want To Have**" Make Sure the new belief is appropriate. Check for congruity before establishing the space

BREAK STATE

2. Once these spaces have been established test each one by stepping in and moving to Meta-Position between each move.
3. Assist the person in changing their limiting belief by helping them move through the layout. The shift at each step should be significant. NOTE: Any time confusion occurs, move to meta-position to talk about the process.
4. Take (**limiting**) "**Belief**" (**B**) to "**Open to Doubting**" (**C**) and then to the "**Museum of Old Beliefs**" (**D**) and then to Break State
5. Once that vacuum has been created, establish the "**New Belief You Want To Have**" (**E**) and move it to "**Open to Believing**" (**F**) then add in the "**Sacred Space**" (**G**) before returning to the "**Belief Space**" (**B**) NOTE: The "New Belief" should now be fully in place where the "**Old Limiting Belief**" used to be.
6. Test the belief change by discussing the New Belief --how true is it now? Check for internal congruity. If not congruent, rethink and redefine the wanted belief, then repeat the process.