



10 STEP EXERCISE TO RELEASE LIMITING BELIEFS

The 10-Step Exercise was provided by Aridif to assist individuals in their healing and growth process. The purpose of the 10-Step Exercise is to assist you in releasing negative and limiting beliefs. The 10-Step Exercise helps you to identify the experiences and thoughts that you create your limiting beliefs and provides a concrete and proactive way to release them.

The first three steps of the 10-Step Exercise bring conscious awareness to the words and thoughts that create limiting beliefs. This is accomplished by choosing an object or trinket that reminds you to pay attention to your feelings and thoughts when you are experiencing a negative emotion or being critical of yourself or about the circumstances of your life.

STEPS 1-3

1. Choose a trinket or object that you see all the time during your day such as a stone, watch, or ring. This object can be anything that resonates with you. It can be something you already own or something you acquire specifically for the 10 Step Process.
 - **The purpose of this object is to assist you in being aware of your thoughts and what you are saying to or about yourself.**
2. Capture and record the words you notice you frequently use and that you tell yourself. Use list making, a diagram, or audio device to record these words.
 - **The purpose of recording these KEYWORDS is to assist you in being aware of your thoughts and what you are saying to or about yourself.**
3. The object/trinket will remind you to pay attention to your thoughts. Through this awareness and when you find yourself beating yourself up internally or are experiencing negativity or self-loathing, stop what you are doing and be open for awareness of keywords that activate these negative feelings and emotions.
 - **The purpose of pausing and being open to receive during these experiences is to identify the KEYWORDS and beliefs that trigger negative emotions and thoughts.**



STEP 4

Step 4 involves working with the keywords that you identify through your awareness practice. For each keyword identified complete the following **STEP 4 WORKSHEET**. You will answer three questions on the worksheet.

- Try not to relate or tell stories about your answers. Do your best to simply be the observer and notice your feelings in a neutral manner as you complete the worksheet.
- If you find yourself getting caught up in the stories of your past and concerns of your future, or tell elaborate explanations, write them down, then find and underline your keywords after you answer the worksheet questions.

STEP 4 KEYWORD QUESTIONS

A. What beliefs do I have that cause this to affect me?

- (If you can't answer question A, proceed to question B)

B. Which thoughts trigger these negative emotions and feelings?

- (If you can't answer question B, proceed to question C)

C. What actions do I take that cause this keyword to affect me?



KEYWORD WORKSHEET

KEYWORD	
A.)	What beliefs do I have that cause this to affect me? (If you can't answer question A, proceed to question B)
B.)	Which thoughts trigger these negative emotions and feelings? (If you can't answer question B, proceed to question C)
C.)	What actions do I take that cause this keyword to affect me?

If you find that you cannot answer any of the worksheet questions at the moment, remind yourself that **YOU ARE LOVED.**



STEP 5

If you received an answer for question A of Step 4, proceed to Step 7. If you did not receive an answer for question A of Step 4, proceed to Step 6.

Note: You can still complete Step 6 even if you received an answer to Question A if you feel this will be helpful to you.

STEP 6

Underline the keywords from your answers to Step 4 Question B and C. Complete a Step 4 Worksheet for each of these **NEW KEYWORDS**. This process will help you get to the core foundational thoughts that are the basis for your limiting beliefs and answer Question A.

STEP 7

Repeat the same steps in Step 6 with your next set of answers to the Worksheet. Do not proceed to Step 8 until you have answered Step 4 Question A. Keep in mind that this might require that you go through this process more than once to get to your root limiting beliefs. That is perfectly normal.



STEP 8

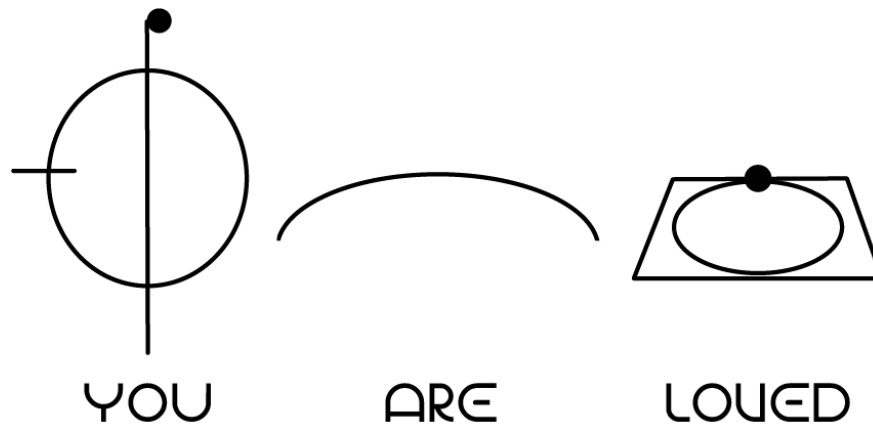
Go to your knowledge base and your true heart's resonance. Examine your answer to Step 4 Question A and allow the higher and more expanded aspect of yourself to reveal to you the truth. Many times our limiting beliefs are based on thoughts that are not true. Having identified these false thoughts and beliefs, Step 8 allows you to receive the truth. Write down this truth down.

Example of Step 8 Truth:

The Universe loves me. The Universe will never abandon or reject me. In fact, if the Universe rejected me, I couldn't even exist. Therefore I know I'm not unwanted. I exist because the Universe loves me.

STEP 9

Once your truth is revealed, repeat your truth aloud 9 times and remind yourself that YOU ARE LOVED.



STEP 10

Step 10 is meant to be worked on if you find that your answers are attached to personal stories or attachments to past or old patterns that no longer serve you. If you find that your answers in Step 4 include such thoughts, then for Step 10 remind yourself that the thoughts and actions of others cannot be known to you unless others are openly sharing their thoughts and actions with you. If you find that you have this pattern of projecting on to others, or associating with stories, you can optionally go back and answer 4B and 4C in relation to your keywords and answers.